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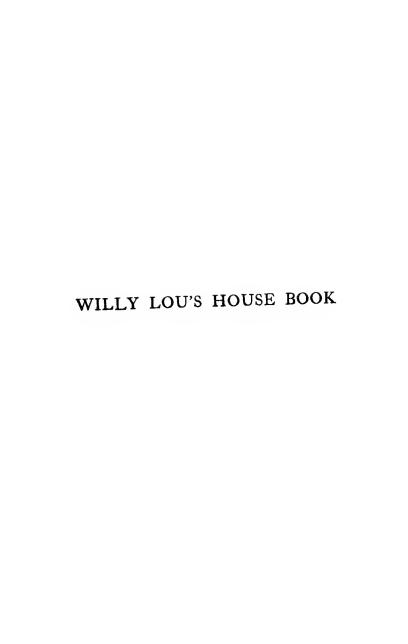
Mice Statler





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A COLLECTION OF PROVED RECIPES, HINTS AND SUGGESTIONS FOR PRACTICAL COOKING HOUSEKEEPING AND HOUSEWIFERY

By
WILLY LOU

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INTRODUCTION

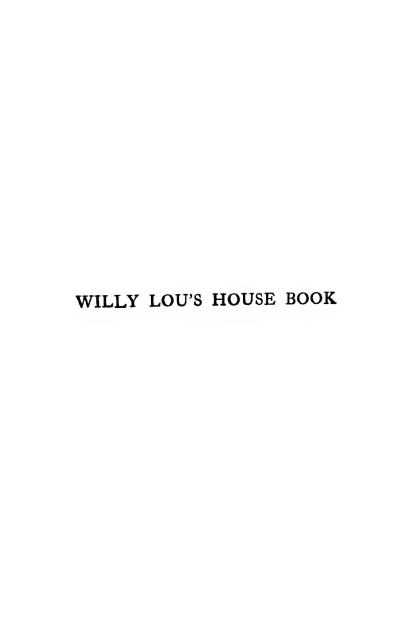
To My Readers:

I have tried all the recipes and the suggestions given in this book. Some of them I originated, many came from friends, a few from cooks whom I have employed. It was my wish to make a practical little book for housekeepers, because when I was a young housekeeper, just beginning, I would have been glad to have such an aid in doing things that now seem easy and simple. Nor does any housekeeper ever learn it all. If my book shall prove a sort of exchange of housekeeping wisdom, I hope you will call me your friend.

WILLY LOU.

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CHAPTER I

THINGS YOU OUGHT TO KNOW

The Refrigerator

The care of the food in the refrigerator is an all important thing. Butter and lard should always be kept in covered packages. Meats should be covered with parchment paper. Parchment paper comes in rolls of five pounds each and can be purchased from your grocer. It can be bought for fifteen or sixteen cents a pound. A pound will last the ordinary-sized family a long time. Parchment paper is better than paraffin paper, as it does not absorb the moisture so readily. Cheese, too, should be covered and kept by itself, as it gives out a strong odor. Never put onions, cabbage or other strong vegetables in the

refrigerator. Milk also should be kept in glass bottles tightly covered, as it takes odors very quickly.

Buying in small quantities is the wisest plan, as the warm weather approaches, if ice is not taken and there is no cool cellar. The kitchen closet is usually too warm for keeping fresh meats and vegetables in perfect condition.

Glass Jars

It is a good plan to keep the staples used in the kitchen daily in labeled glass jars, those with wide mouth preferred. Spices keep their freshness and flavor longer in this way.

To Preserve Linens

Household linens should never be put away in drawers or on shelves until perfectly dry; otherwise they will mildew.

The Broom Bag

Bags of cotton flannel with a draw-string are good to place over the broom to remove the dust

from the hardwood floors. These bags are labor savers. Draw the string in the bag tight to prevent slipping off from the broom and use it to clean the edges of the polished floor. This removes the dust and saves the washing of the floors so frequently, and also helps to keep the finish fresh for a longer time. A few yards of material will make a number of bags and there should be at least a half dozen, as they soil very quickly. They are inexpensive to make. The bag should be a little larger than the broom.

The Dust Cloth

A couple of yards of cheese-cloth make a good duster. First wash the cloth to prevent the lint from flying about when it is used. A little good furniture polish applied to the cloth occasionally keeps the furniture frames in good condition, and free from finger-marks. If care is taken the furniture is benefited by washing, once or twice a year, in lukewarm water in which a little very good white soap has been dissolved. It must then be rubbed dry and pol-

ished off with a soft cloth, moistened with furniture polish. This is a good treatment for the dull finished wood, not the piano finish. I have had good success in taking care of old mahogany furniture in this way. Furniture does not need to be shining brightly to be clean and attractive. To remove the finger-marks and the filmy look is all that is really necessary.

The Water-Pipes

Water-pipes should be cleansed thoroughly, at least once a week, with hot water and ammonia. Chloride of lime is another good disinfectant. Sal soda is effective if used in hot water.

To Remove Fly Paper

If a sheet of Sticky Fly Paper, or Tangle-foot, should become fastened to your clothing, loosen it by the use of alcohol.

The Furnace

Put your furnace in order in the spring. It will then be ready for the first cold days in the autumn.

To Clean Bowls

Kerosene may be used on a cloth for the cleaning of porcelain bowls and bath-tubs. It removes the brown stains made by the water. Rinse off with warm water and wipe dry.

The House Sponge

If you will use sponges in house-cleaning you will avoid trouble and a useless lot of dirty cloths lying about. Two sponges are all that one person would need, one in the soapy water and one for the clean rinsing water vessel.

To Clean Carpets

Carpets and rugs may be freshened by the use of salt, brushing it off quickly with a broom. Wet newspapers dampened, torn and strewn over the rugs and carpet make another good brightener.

To Sift Ashes

Ashes should never be sifted in the cellar or in any part of the house, unless a covered sifter is used, and even then the out-of-doors is better.

To Keep Out Dust

Cheese-cloth stretched over a light frame and placed in the bedroom windows will be found a good protection from the dust. The frames may be held in place by drawing the window down to rest on them.

To Boil Potatoes

Potatoes when cooked by boiling should be served immediately, but if they must stand, this will help to keep them fresh: Pour off the water, shake carefully over the fire to dry them. They will then become mealy. Place a clean cloth loosely about them and stand in a warm oven. The cloth prevents the potatoes from becoming soggy through the absorption of the steam.

To Remove Grease

Grease can be removed from wall-paper by using a blotting paper and a hot iron. It may have to be treated several times before entirely removed.

To Keep Fruits

Dissolve paraffin and while warm pour over jars of jelly or marmalade, cover closely with brown paper and paste or tie down to side of jar. This prevents the air from reaching the fruit and keeps it from molding.

To Take Paint From Glass

Try oxalic acid dissolved in hot water to remove paint spots from window-glass.

To Keep Parsley Fresh

Place in a Mason jar and screw the top on lightly. Parsley can be kept for some time in this manner.

To Remove Mildew

Rub the spot with lemon juice and salt and expose in the hot sun. Salts of lemon may be used also; but first wet the material when spotted.

To Clean a Sponge

If a sponge is soaked in milk two hours and rinsed thoroughly in warm water with a spoon-

ful of carbolic acid added, it will be cleansed perfectly. It is well to hang a sponge in the open air every day or two. This prevents the sponge from souring.

Temperature of Cut Glass

Cut glass will not stand rough treatment. It will break as quickly from extreme cold as extreme heat, so be careful about putting contents of either temperature into the cut glass bowl before it has been slightly heated or chilled.

To Reduce Chocolate

It is not worth while to spend time grating chocolate. Place the amount required in a double boiler. You will find that it melts quickly and is quite as desirable as chocolate grated.

Concrete in Floors

The cellar floor should be made of concrete. It can then be swept easily and washed when necessary. It is also well to have the walls of the cellar whitewashed once a year.

To Clean Cut Glass

The water for washing the glass should be tepid. Use white soap-suds and add a small amount of ammonia to soften the water. Place a soft cloth in the basin before putting the glass piece in. This will prevent the scratching of the dish. Use a soft brush and a lintless cloth. Rinse in clear water of the same temperature. Dry with a soft cloth that is lintless. The polishing can be done later with a clean chamois.

To Remove Ink

Chloroform will remove ink stains from white goods if used before laundering. Buttermilk also will usually remove ink stain.

Grease in Silks

Grease spots can be removed from silk materials by using a small piece of magnesia. Wet the spot before rubbing on the magnesia, let it dry and brush away the powder. The spot should then be gone. Prepared chalk is good, too, but use the chalk dry and lay the garment

away for a day or two before brushing the chalk off. If the spot has not entirely disappeared, try again; or place between two pieces of blotting paper and use a hot iron.

Fish-Bone in Throat

A fish-bone can be dislodged from the throat by using a gargle of vinegar, the acid dissolving the bone.

To Restore Mahogany

Try rubbing the meat of a pecan nut over any scratched surface of mahogany. It will darken the scratched place.

Sticky Pans

A little flour dusted over the greased cake pan will prevent the cake from sticking and paper will not be necessary.

Taking Out Cakes

If cake tins are placed on a wet cloth when taken from the oven, the cake will slip from the pans without sticking to the bottom.

To Clean a Teapot

If the teapot is filled with water and a tablespoonful of soda put in it and boiled, the stains may be rubbed off. This may have to be tried more than once.

To Kill Odors

By applying a small coal to a lump of camphor gum you will have a good disinfectant. The fumes rid the room of unpleasant odors. Sometimes a little sugar on a small fire shovel with a burning coal answers the same purpose.

To Clean Bottles

Try buttermilk in bottles that have become stained. Let it stand in the bottles for some time.

To Kill Cabbage Odor

When cooking cabbage or cauliflower place a cup of vinegar on the stove. It will help to kill the odors and also keep the flies away. A few spices may be dropped in the vinegar if liked.

To Protect Jars

Place a silver spoon in the glass jars before putting in the hot fruit. This will keep the jars from breaking as the fruit is poured in.

To Smooth the Flat-Iron

When the starch sticks to the flat-iron, rub on a piece of fine wire screening. The screening may be placed on a paper on the ironing board and the iron rubbed over it. This is better than scraping with a knife and saves time. Wax in a cloth is also good to rub the iron with.

To Restore Paint

If the newly painted white surface has become scratched, try rubbing with a slice from a fresh lemon.

To Aid Sirups

A little cream of tartar added to boiling sirups will prevent sugaring. To two cups of sugar add one-third of a teaspoonful of cream of tartar.

To Aid Pie Crust

Pie crust will not become soggy if rubbed over with egg white before the filling is put in.

To Protect Dress Skirts

To prevent a skirt placket from tearing, sew a hook and eye at lower end of opening, hook and press flat.

To Remove Spots

Spots can be removed from wash fabrics if rubbed with yolk of egg before washing.

To Extinguish Burning Oil

Throw flour on burning oil instead of water.

Handy Package

Cut the corners from all heavy envelopes. They are good to hold coins sent through the mail.

To Make Meat Tender

Tough meat is benefited by laying in vinegar a few minutes before cooking.

To Clean Brass Beds

Rub the bed first with sweet-oil, rubbing hard to take off the spots, then rub with a clean flannel and dry rottenstone.

To Clean Flat-Irons

Rusty flat-irons should be rubbed with beeswax and lard.

To Clean Matting

Cover the matting with a little corn-meal. With a flannel cloth and warm water wash clean and wipe dry. Do not use too much water as it softens the matting, and do not wash too often.

How to Hang Clothes

When hanging out clothes hang skirts by the bands, night-dresses by the shoulders and stockings by the toes.

To Freshen a Salt Fish

Put the fish in an earthen or granite pan skin side up. Never put salted fish in tin.

To Fringe Celery

. Cut the celery in two-inch pieces, cut each piece into several thin strips and let them lie in cold water for an hour or more before using. This will curl them.

A Flour Help

Always sift the flour before using. It is also well to keep a small amount of sifted flour on hand in case of an emergency.

To Remove Coffee Stains

Pour boiling water through the stained linen, then dip the spot in strong ammonia water, rinse in cold water and put in the sun to bleach.

How to Iron Clothes

When ironing never use a dirty sheet on the ironing board or the clothes will be a bad color.

For Blues that Fade

Put one small teaspoonful of sugar of lead into a gallon of water. Let the materials stand

in this for some time, then rinse thoroughly before washing. Be careful, as sugar of lead is a poison.

To Clean Marble

Melt a small amount of soap into a jelly. Use this with pumice-stone on a flannel cloth. Cover the marble and let it dry, then wash the powder off and wipe dry. This should make the marble clean and smooth.

Care of Knives

Never put the handles of knives into hot water or they will crack. This is especially true of ivory handles. Steel blades should not be put into hot water. It removes the temper.

For the Bath

This is a good toilet water for the bath, if one likes home-made lotions: two drams of the best oil of lavender, eight ounces of alcohol and two tablespoonfuls of ammonia. A little in the tub gives a delightful fragrance to the bath.

Be Clean

Never allow rubbish to accumulate. It makes a home for moths and gathers dust.

How to Help Washing

When washing woolens, especially stockings, shake thoroughly to remove the dust, before putting them into the water.

To Use Batter Easily

Put the griddle cake batter in a pitcher. It is easier to pour it on to the griddle than to dip from a bowl with a spoon.

To Keep Bandages

A box of bandages should always be kept ready in every household. They should be torn from strong cotton or linen cloth and wound tightly. There should be several widths and with good length, narrow pieces for tying purposes. Keep in labeled jars. These are a great convenience and often wanted in a hurry. A dirty bandage is dangerous.

To Beat Eggs Quickly

A pinch of salt aids in the quick beating of the whites of eggs.

Marking Medicine

All medicine bottles and boxes should be plainly labeled and nothing ever taken in the dark. Do not keep poisons with other drugs in the medicine cabinet. Poisons should have a place of their own far from drugs intended to be taken internally. There is not enough care paid to this. Little bells can be tied to bottles containing poisons. The bell will always ring when moved.

To Keep Soap

Purchase your laundry and other soaps in large quantities. Place on the upper shelf of the pantry to dry. Soap dried in this way lasts longer than soap freshly purchased each week.

To Preserve Linens

It is well to have tablecloths and sheets folded widthwise occasionally, instead of lengthwise, as

this prevents the folds from always coming in the same creases. The linens will last much longer if ironed in this way.

To Clean Pillows

Feather pillows should be washed occasionally to keep them sweet, fresh and light. This is quite a task, but it well repays one. Make a bag of strong muslin, larger than the pillowticking. Stitch all around, leaving an opening of about a half yard. Open the pillow about the same distance. Take the bag in your lap, leaving the heavy pillow on the floor in front of you. Place the bag over the pillow, baste together carefully and then stitch down. the feathers into the muslin bag. Put your hand all around in the pillow-tick after separating from the muslin bag, to collect any feathers that may not have gone into the bag. Stitch the bag up tight. There should be plenty of room for the feathers to lie loosely. Have a good warm sudsy water in which there has been a little borax added to soften. Souse the bag up

and down, and press softly with the hands. Repeat the process in different waters until the last water is clear, then you may know your feathers are clean. Run through a very loose wringer, so that the feathers will not be broken. Hang in the hot sun. The bag containing the feathers must be hung out each day for several days, say ten days, as it takes a long time for feathers to dry perfectly, and then the air helps to lighten them. Have your pillow-ticking washed and ready for the feathers when dry. Many times pillows have been thought worn out and this treatment has made them quite as good as new. This is a better treatment than a compressed air process. July is a good month for this work as the sun is hot. Hang the bag on a line so that there is a better circulation of air through the feathers.

To Freshen Rubber Bands

The rubber bands for preserve jars may be renewed by soaking them in strong ammonia water.

To Remove Paint From Wool

Paint stains on woolen material can be removed by using turpentine.

To Polish Furniture

A good furniture polish is made by taking equal parts of linseed oil, turpentine and vinegar. Shake the bottle well before using.

To Launder a Lingerie Parasol

Shave a good white soap into a pint of water and let it stand on the stove until it has all dissolved. Fill a tub partly full of warm clear water. Open the parasol and stand it over the tup of water and scrub with the hot suds, using a medium soft brush. When all the stains and spots are gone, rinse in the water, closing the parasol. Change the water and rinse again to be sure that all the grimy water has been removed. Rinse in a slightly blued water. Take the parasol out-of-doors, open and hang in the sun and wind, handle down until dry. You can tie the parasol on to a clothes-line if you like. The water drips from it more evenly in this way

than when resting on the ground or porch. You will find your parasol will look quite as good as the day you purchased it. The bluing clears it and leaving it open until dry gives the cover the look and feeling of new material.

To Wash Woolen Blankets

Dissolve white soap enough to make a good strong suds in boiling water, add a tablespoonful of ammonia. This softens the water. When hot pour this water over the blankets and work it thoroughly through them, without the use of the rubbing board. Rinse thoroughly in water to which has been added a little melted soap, then rinse in clear water. Put through a very loose wringer, shake well and hang in the sun to dry. Always choose a clear sunny day with some wind as the blankets will dry quicker and look better. This is a much better way than sending woolen blankets to the cleaner.

Simple Remedies

It is always well to have in every household some simple remedies. If these drugs are at hand

it often prevents the calling of the doctor. This is especially true where there are little children in the family, for they meet with many accidents.

Arnica is always good for a bruised knee or a pounded thumb. It helps to take the soreness out and also prevents the flesh from becoming black and blue.

Carbolic salve or carbolated vaseline is another good remedy to keep on hand, as well as listerine, peroxide, camphor. Prepared mustard plasters are good in an emergency, although not so good as those made from mustard mixed with the white of an egg or mixed with lard. The egg white or the lard will prevent the skin from blistering.

Surgeon's court plaster should always be on hand. Absorbent cotton and gauze, too, are useful

There is a soft green soap that when dissolved in water is cleansing and useful in washing cuts and sores. It should be used warm.

A few drops of camphor in a tablespoonful of

water is useful in summer complaint. Sometimes a little camphor or sugar will stop a cold at the start. A teaspoonful of ginger in warm water is also good for summer complaint.

Keep on hand a bottle containing one ounce of glycerin, one ounce of rose-water and ten drops of carbolic acid. It is good for rough or chapped hands.

A bottle of goose-grease is good to have at hand in case of croup or tightness in the chest. A bottle of camphorated oil is also good.

The juice of a lemon stirred thick with sugar has been known to benefit hoarseness, also the white of an egg stirred thick with sugar is beneficial.

Always shake any bottle containing liniment before applying.

For the Sick

The following recipes are very often found nourishing, palatable or refreshing to the sick.

Jellied Chicken Broth

The broth from a stewed chicken, boiled down

until it will jelly, is good. When cool skim off the greater part of the fat, otherwise it will be too rich for a sick person.

Beef Extract

One or two pounds of beef from which the fat has been removed. Cut into small pieces and place in a covered Mason jar, screw the top on tight and set in a kettle of hot water until the juice is extracted. Keep the water hot all the time, but not boiling. This will take some time, but in this way only the pure juice is obtained. This extract can be diluted with a little water, cream or milk, as desired. Do not add any of the liquids to the juice until the time of giving it to the patient. This is very nourishing.

Milk Porridge

Have a half-pint of water boiling. Mix a large tablespoonful of flour in cold water or milk, stir into the boiling water and boil fifteen minutes; add a teacupful of cold milk and let come to a boil. Add a little salt.

Toast Water

Toast slices of bread until quite brown, put them in a pitcher and pour over them boiling water and let them stand for some time, or until the flavor of the toast is drawn out. This water can be taken cold or hot, with or without sweetening.

Mutton Broth

Boil a piece of mutton until all the juice has been extracted. Let it cool and skim off all the fat. Serve it to the patient with a little milk, or clear if liked that way.

A Few Don'ts

Don't try to broil over a slow fire.

Don't try to broil over a smoky fire.

Don't leave the doors open while you are broiling, as it causes a draft.

Don't leave the kitchen while you are broiling, as the fat sometimes takes fire, blazes up and spoils the meat or fish.

Don't try to cook preserves without stirring.

A few marbles placed in the kettle in which the preserves are cooking will help to keep the mixture in motion, but stirring with a spoon is better.

Don't cook preserves or jams over a gas fire without an asbestos mat under the vessel.

Don't cover the kettle in which preserves or jams are cooking, as it will cause them to boil over.

Don't use any but the best materials if good results are expected.

CHAPTER II

INSECT PESTS

Moths

The moth is the cause of a great deal of worry to housekeepers, and must be looked after carefully. The little millers are seen flying about the house as early as February, and March is the month when they are said to lay their eggs. During that month and April all good housekeepers should bestir themselves to action against future troubles.

Blankets and all woolens that are hanging in closets or are put away in drawers or boxes should be taken out and aired in the bright sunshine. Moths do not like sun and air. Clothing that is not to be used during the summer should be put away early after airing, before the moth has had time to "sting" the garments, for the eggs once deposited will go on and hatch after being put away in some dark place. Camphor gum

and tobacco are good to sprinkle through the folds. Tie these packages up tightly in newspapers, as moths do not like printers' ink, then slip into an old pillow-slip or a muslin bag, and tie tightly. Formaldehyde is also disliked by moths.

Furs should be put away as soon as possible and not left to hang in dark places or lie in boxes. The warm sun fades the furs as spring approaches, and the moth will find them if they are left hanging in closets or halls. Before putting the furs away they should be hung in the fresh air, and spatted gently with a soft brush or beater. There are many prepared bags on the market in which furs can be put away, but I prefer a cedar box. It is easy to look into the box during the summer months, take out the furs, look them over and replace them after hanging in the air for a time. These hints are useful where furs can not be placed in cold storage. Moths can not stand much cold.

The moth will hide away in the wool of the

upholstered furniture. A small stiff brush should be used each week, one that can go down into the tufts and where the back comes against the seats. Moths will work all the year through in our warm, steam heated apartments, so constant care is needed against them if we do not want to lose our woolen garments and valuable furs.

Fur rugs, mounted heads and stuffed birds can be made moth-proof by the taxidermist. This is always a good precaution.

Strange as it may seem, moths always seek the soiled spots in garments and will eat away every particle of wool there, so put your garments away clean.

The Bedbug

I presume that all, or nearly all housekeepers, have had some experience with the annoying bedbug.

I believe it is said that it is no disgrace to have bedbugs, but it is a disgrace to keep them.

A very old-fashioned remedy for this trouble is the white of an egg and quicksilver. Beat the quicksilver into the egg until it is in very small beads, not larger than the eye of a needle. Use a swab and go over all the woodwork of the bedstead, into all the cracks and corners and the springs. The bedstead and springs should first be washed. Put the mixture around the tufts of the mattresses if there has been much trouble and on the corners, also around the base-boards of the room. Use about as much quicksilver as the egg will take. This is a deadly poison and must not be left standing around. It will do no harm on the bed, however. Our grandmothers used to do this each spring whether there were bugs or not.

Gasoline, turpentine and mercury tablets (quicksilver) make another good remedy. Equal parts of turpentine, gasoline and two dozen tablets are the proportions. The mercury tablets should be dissolved in warm water first. This mixture must not be used when there are arti-

ficial lights, as the gasoline will explode. Do not leave it standing around, as it is dangerous in many ways.

Flies

Flies are more dangerous than wild beasts or venomous serpents. They carry disease continually. Without the fly, typhoid fever would not be contagious or at least would not be so much spread. Therefore kill all the flies whenever and wherever seen. One killed early in the spring is better than hundreds killed later in the summer. They breed fast, and they breed in filth.

Use screens at doors and windows, of course. Train the servants and children to keep the screens closed.

Use fly paper and fly traps if flies have got in the house. A damp towel is often used to "spat" them with, and helps to kill many. Better a spot than a live fly. In short, kill the flies.

Roaches

Roaches are a great nuisance at times, and

difficult to eradicate in some city houses and apartments. If in reach of a professional insect exterminator or "bug man," as he is sometimes called, send for him. His powder is apt to do better than the home preparations often recommended. You can use insect powder around sinks, pipes and base-boards, etc., but do not use Paris green. It is too deadly a poison to have about. Keep your house clean and fresh and roaches are less apt to come. Dirty houses, hotels, restaurants, groceries and markets near by you may breed these nuisances for you.

Mosquitoes

The mosquito is sometimes almost as dangerous as the fly. It is now known that yellow fever is carried by a certain species of mosquito. Malaria is carried by another species. One or another sort will each year kill a hundred times as many people as all the deadly snakes in the world. Keep the mosquitoes out of the house, or kill them when they get in.

Any alkali will kill the sting of a mosquito

bite. Salt and water will ease it. Ammonia will do the same. Borolyptol will answer the same purpose.

There are many "dopes" to drive away these pests, but these are more for out-of-doors use. Some of them allay the sting of the bite as well as serve to drive away the biter.

Ants

Ants do not like tartar emetic or Paris green. But be careful in using poisons.

Ants rarely, bother except in farm or country houses. They come after sweets. Keep sugar, preserves, etc., tightly covered or corked. Keep the pantry clean. Ants and other insects forage least in clean kitchens and cupboards.

Fleas

Some of the most virulent plagues known to man are spread by fleas, which have lived on infected animals. The bubonic plague is the product of rats and fleas. Though we do not have that plague in America, we can not tell when it

may come. Therefore kill the fleas when you can, even though they seem only to be annoying. They are hard to catch, and in some warm countries, parts of Europe, California, Florida, etc., are very numerous and torment some persons very much.

Insect powder will tend to protect a room, if around the edges of the floor. They are usually carried in on the clothing. When annoyed, remove the clothing as soon as possible and find the marauder. A damp finger or a damp cloth will aid in holding the offender, if located. It is well to stand on a blanket while searching for the offender, as they can not hop from the fuzzy surface.

Chigres

The chigre or "jigger" is a minute insect that lives in old logs or bits of wood. It burrows under the skin and makes a very painful swelling. If any of the family is affected, rub the bite or sore with bacon rind. They do not like the salty smoky fat. Chloroform is also good.

Ticks

Sometimes a child or an adult brings in a tick from the open, and it may be hard to dislodge. The application of chloroform will help to dislodge it. Kerosene will do if you have nothing better.

CHAPTER III

WEIGHTS, MEASURES AND TIMES

Times for cooking vegetables are, approxi-
mately:
Boiled potatoes30 minutes
Baked potatoes45 minutes
Boiled sweet potatoes45 minutes
Baked sweet potatoes hour
Boiled squash25 minutes
Baked squash30 to 45 minutes
Boiled green peas20 to 45 minutes
Boiled string-beansabout I hour
Boiled shell beans
Boiled green corn20 minutes to I hour
Boiled asparagus15 to 30 minutes
Boiled spinach to 2 hours
Stewed fresh tomatoes hour
Tomatoes canned30 minutes

Boiled cabbage45 minutes to 2 hours
Boiled cauliflower45 minutes to 1 hour
Boiled onions to 2 hours
Boiled beets to 3 hours
Boiled turnips45 minutes to 1 hour
Boiled parsnips45 minutes to 1 hour
Boiled carrots45 minutes to 1 hour
The domestic measures of capacity are accepted
as below:
2 even teaspoonfuls make one even tablespoon-
ful.
2 even tablespoonfuls make one ounce

- 2 even tablespoonfuls make one ounce.
- 4 ounces make one gill.
- 8 ounces make one cupful.
- 2 cupfuls make one pint.
- 2 pints make one quart.
- A cupful, pint or quart means even full.
- 8 even tablespoonfuls make one gill.
- 16 even tablespoonfuls make one cupful.
- 32 even tablespoonfuls make one pint.
- 4 heaping tablespoonfuls make one gill.

AVOIRDUPOIS WEIGHT

- 2 even or I heaping tablespoonful of sugar weighs a little less than I ounce.
 - 3½ even tablespoonfuls of flour weigh 1 ounce.
 - I pint of light flour weighs 9 ounces.
 - I pint of packed flour weighs II ounces.
- I pint of cream of tartar, pressed, weighs 13 ounces.
- 1 pint of cream of tartar not pressed, weighs 12 ounces.
- 1 pint of baking soda lightly packed, weighs 14 ounces.
 - I pint of granulated sugar weighs 14 ounces.
 - 1 pint of Coffee A sugar weighs 13 ounces.
- In weights and measures we make these allowances:
 - 4 tablespoonfuls, I wine-glass or 1/4 cupful.
 - 8 tablespoonfuls, ½ cupful or ½ gill.
 - 2 gills or 1 cup equal 1/2 pint.
 - 2 pints equal 1 quart.
 - 4 quarts equal one gallon.

I even tablespoonful butter or lard, I ounce.

Butter, size of walnut, I ounce.

Butter, size of egg, 2 ounces.

I even cupful of butter, ½ pound.

4 cups of flour, I quart or I pound.

3 cups of corn-meal, 1 pound.

2 cups of granulated sugar, 1 pound.

2½ cups of powdered sugar, 1 pound.

I pint of liquid, I pound.

I pint of chopped meat equals I pound.

The ordinary half-pint cup is used for the above measures.

Valuable Measures

These measures will be found valuable in practical use:

- I dozen eggs should weigh I 1/2 pounds.
- I teaspoonful of soda is used to I cupful of molasses.
- I teaspoonful of soda to I pint of sour milk is used.
- 3 teaspoonfuls of baking powder to 1 quart of flour is used.

½ cupful of yeast or ¼ cake compressed yeast to ½ pint of liquid is used.

I teaspoonful of extract to I loaf of cake is used.

I teaspoonful of salt to 2 quarts of flour is used.

I teaspoonful of salt to I quart of soup is used.

In making bread, use I scant cupful of liquid to 2 full cupfuls of flour.

Use I scant cupful of liquid to 2 full cupfuls of flour for muffins.

Use I scant cupful of liquid to I full cupful of flour for batters.

Use I quart of water to each pound of meat and bone for soup stock.

Use 4 peppercorns, 4 cloves, 1 teaspoonful mixed herbs for each quart of water for soup stock.

CHAPTER IV

THE THERMOMETER IN COOKING

One fault of most cook books is that of indefiniteness, and some of this indefiniteness it is impossible to evade. No instructions are so good as those seasoned with actual experience. There are, however, some common terms which may not convey the same meaning to all persons. For instance, how hot is a "hot" oven, or a "very hot" oven, or a "warm" oven? What are the proper heats for cooking different foods, and how can such heats be gaged? One cook says, "I test my oven by putting my hand in and feeling how hot it is." But how can you convey an accurate idea in a phrase such as this, or describe the results of a method such as this, which is perfectly practical to the experienced cook?

The answer to some of these questions is the cooking thermometer. By its use there can be a

standard established from which one can reason or measure, as it were, and thus produce with certainty the same results each time.

It is not intended to give temperatures required for cooking all sorts of foods, but only to mention what may be called a few of the standard temperatures. From these the good cook will readily reason out what is proper for other articles.

Roast Meat

Put a roast of meat in an oven temperature of 400 degrees Fahrenheit. The cold meat will lessen the temperature slightly. The heat should be great enough to sear the meat when first put into the oven, as this searing retains the juices. Meat will roast at 350 degrees Fahrenheit.

Marmalades, Jams, Jellies

Cook at 200 degrees Fahrenheit, testing frequently for consistency. The time varies. A marmalade may require an hour and three quarters, a jelly very much less. The theory for these fruit juices is steady and long-continued

heat of moderate degree rather than extreme heat for a short time.

The foregoing will give some idea of the use of the thermometer, and experiment will do the rest for the reader. Cooking thermometers can be purchased at good supply stores. They will register as high as 600 degrees, but so great a heat as this is not necessary in ordinary cooking operations.

Bread

The temperature for baking bread should be 300 to 350 degrees Fahrenheit, and at this heat bread should take about forty-five minutes.

Loaf Cake

The temperature for loaf cake is practically the same as for bread, and the time for baking is about the same, forty-five minutes.

Layer Cake

Give layer cake a temperature of 350 degrees Fahrenheit, and leave it in from twenty to twentyfive minutes.

CHAPTER V

BREADS

Potato Bread

Boil one good-sized potato until thoroughly done. Mash through a sieve, and add enough of the water in which the potato was boiled to make one pint. One-half pint of scalded milk, one tablespoonful of lard, one tablespoonful of butter, one tablespoonful of sugar, one teaspoonful of salt, one yeast cake that has been dissolved in one-fourth cup of lukewarm water. Pour all into the bread bowl, stir together, and while lukewarm add one and one-half pints of sifted flour. Cover and set in a warm place to rise until it has doubled its bulk, then add enough flour to make a stiff dough, turn on a floured board and knead until smooth and elastic. Return to the bowl and let it rise again until its bulk is doubled, turn on the board and knead with as little flour as possible.

When the dough is elastic and bubbles form, knead, and make into three loaves; place in pans and let rise until light. Bake in a moderate oven three-quarters to one hour. Rub the crust with butter when taken from the oven. This makes the crust tender. Always take pains with your bread-making.

Another Way of Making Bread

Dissolve one compressed yeast cake in one-half cup of warm water. Scald one pint of sweet milk. Have ready in the bread bowl one quart of sifted flour, one large tablespoonful of lard or one spoonful of lard and butter together, one teaspoonful of salt, one tablespoonful of sugar. When the milk has cooled add the yeast cake and pour it over the contents of the bread bowl and mix into a soft dough, cover and stand in a warm place to rise. When light, knead and let it rise again. When light, make into loaves and put in the baking pans and rise until again light, and bake in a moderate oven from three-quarters of an hour to one hour. It thus rises three times.

Brown Bread

Three cupfuls sour milk, one-half cupful of molasses, three even teaspoonfuls of soda, two cupfuls of corn-meal, one cupful of graham flour, one cupful of white flour, quarter teaspoonful of salt. Steam three hours. One cupful of seeded raisins may be added if desired.

Nut Bread

Three cupfuls of graham flour, one teaspoonful salt, one teaspoonful soda, one cupful of sugar, one cupful of chopped walnuts, two cups of sour milk. Mix thoroughly. Add one cupful of white flour in which is mixed one teaspoonful of baking powder. Mix again and bake slowly one hour,

Luncheon or Tea Rolls

One-fourth cupful of butter, two tablespoonfuls of sugar and one-half teaspoonful of salt to one cupful of scalded milk. When mixture is lukewarm add one yeast cake that has been dissolved in one-half cupful of warm water, the

white of one egg well beaten, three and three-fourths cupfuls of flour. There should be a pint of liquid, including the egg. Knead on a slightly floured board, return to bowl and cover with cloth, keep warm and let rise until light. Knead again until smooth and elastic, shape into small rounds about one-half inch think, butter and fold. Put in pan and let rise until light. Bake twenty to twenty-five minutes. This recipe will make eighteen rolls.

Bran Bread

Put into the bread bowl two cups of bran flour and two cups of wheat flour. Add to this one tablespoonful of lard, one teaspoonful of salt and one-fourth cupful of molasses. Dissolve one compressed yeast cake in one-fourth cupful of tepid water. When dissolved add to one cupful of sweet milk that had been scalded and cooled. Pour this over the contents of the bread bowl and stir into a soft sponge. Stand in a warm place until light; when light knead, using as little wheat flour as possible and let it rise again until light.

Knead and put into the baking pans and let stand until light. Bake from forty-five minutes to one hour. This will make two loaves.

Baking Powder Biscuit

One quart of flour and two teaspoonfuls of baking powder, one-half teaspoonful of salt, one tablespoonful of lard, one large cup of sour cream in which one-half teaspoonful of soda has been stirred. Mix all together thoroughly and roll out, cut with a small cutter, bake in a quick oven twenty to thirty minutes.

Mush Bread

Sprinkle a half-pint of white corn-meal into a pint of hot milk, cook about five minutes. If the mush seems thick, add a little more hot milk, as it must be thin. Take from the fire and stir in four well-beaten egg yolks. Fold in the well-beaten whites of the eggs, turn into a baking pan and bake in a moderate oven about twenty minutes. Serve at once. To be eaten with butter. Serve by spoonful.

Southern Spoon Corn Bread

Pour two and one-half cupfuls of freshly boiled water over two cupfuls of fine white cornmeal. Cover and let stand until cool; add one and one-half tablespoonfuls of melted butter, one teaspoonful of salt, yolks of two eggs well beaten and one-half cupful of buttermilk, one teaspoonful of soda dissolved in the milk. Beat thoroughly and add the whites of two eggs beaten to a stiff froth. Pour into a baking dish and bake in a moderate oven forty-five minutes. Serve by spoonfuls.

Waffles

Two eggs well beaten, one large cup of sour milk with enough baking soda to cause it to foam, probably a scant half teaspoonful. Flour to make quite a thin batter. These waffles are very light and crisp.

Corn Pones

To a quart of southern corn-meal, that is, white corn-meal, add a small tablespoonful of lard, half-

teaspoonful of baking soda, half-teaspoonful of salt. Mix with enough buttermilk to allow you to make the batter into small oblong pones, rather thin. Place on a buttered pan and bake quickly. Good with honey or maple sirup.

Popovers

Two cupfuls of milk, one teaspoonful of salt, two cupfuls of flour, two eggs. Beat the yolks with the milk. Add gradually to the flour and salt. Add the stiffly beaten white. Bake in gem pans. Have the pans hot and greased. Bake in a moderate oven, twenty minutes.

Muffins

Two eggs well beaten, one tablespoonful of sugar, two tablespoonfuls of melted butter, one pint of milk, two teaspoonfuls of baking powder. Flour enough to make a soft batter. Bake in buttered gem pans a half-hour.

Muffins

One egg, one and one-half cupfuls of sweet milk, one pint of flour, one and one-half teaspoon-

fuls of baking powder, pinch of salt. Bake in muffin pans in a hot oven.

Bran Muffins

One cup of bran flour, one cup of wheat flour, one cup of milk, two eggs, one-half cup of molasses, a quarter of a teaspoonful of salt and two teaspoonfuls of baking powder. Bake about thirty minutes. This batter may be baked in a tin and eaten as bread when cold.

Graham Gems

Two eggs, one and one-half teaspoonfuls of sugar, butter the size of an egg, one cupful of sour milk in which there has been one-half teaspoonful of soda dissolved. Graham flour enough to make a thin batter. Bake in gem pans about thirty minutes.

Graham Muffins

One cup of graham flour, one cup of white flour, two level teaspoonfuls baking powder, onehalf teaspoonful of salt, one egg beaten light, one cupful of sweet milk, two tablespoonfuls of mo-

lasses. Bake in gem pans about one-half hour in a moderate oven.

Griddle Cakes

One well-beaten egg, one pint of sour milk, one full pint of flour, one teaspoonful of soda dissolved in cold water and added to the milk, a half teaspoonful of salt. Add one tablespoonful of butter melted. A little sugar may be added if desired.

French Toast

Add to one cup of sweet milk one egg thoroughly beaten and a pinch of salt. Slice your bread thin, dip in the mixture and fry on a buttered griddle. Serve at once or it will become soggy.

Drop Doughnuts

Two eggs well beaten, one cupful of sugar, one cupful sweet milk, three cupfuls of flour, two teaspoonfuls of baking powder. Beat a good deal and drop from a teaspoon into hot lard. There should be enough lard to float the doughnuts.

These doughnuts should be small, and are very good.

A Breakfast Coffee Cake

One egg, three-fourths cupful of sugar, one cup of milk, two tablespoonfuls of melted butter, one and one-half cupfuls of flour, one and one-half teaspoonfuls of baking powder. Sprinkle cinnamon and sugar over top before baking.

Rice Croquettes

To one quart of boiled rice add the beaten yolks of three eggs and a little salt. Make into an oval shape about an inch thick, dip in beaten egg, roll in cracker dust and fry in hot fat.

Fritters

Two eggs, beaten separately, one cup of milk, two cups of flour, one generous teaspoonful baking powder, quarter of a teaspoonful salt, add the stiffly beaten whites of the eggs. Beat hard and drop from a spoon into deep hot lard.

CHAPTER VI

SOUPS

Asparagus Soup

Boil one bunch of asparagus, tips and stalks separately. When tips are tender put aside in water in which they have been cooked. When the stalks are tender rub them through a coarse sieve. Melt a tablespoonful of butter, add a tablespoonful of flour, one pint of scalded milk, slowly added, and cook until smooth. Add this to the asparagus pulp, using the water in which the tips were cooked. Season and add one tablespoonful of cream. The tips should be added last. Whipped cream may be placed on each dish as served.

Cream of Asparagus Soup

Two bunches of asparagus, boil asparagus in salted water to cover, until tender. Put through a sieve, add small piece of butter, one tablespoon-

ful of flour stirred to a paste. Boil this in the asparagus water and one quart of cream. Boil a few minutes and serve.

Cream of Tomato Soup

One can of tomatoes, one pint of hot water, two teaspoonfuls of salt, one teaspoonful of pepper, one teaspoonful of soda, one stalk of celery. Let this boil one hour or until tender. Strain through a sieve. Have ready one quart of scalded milk. Add the strained mixture and to this add one-half cup of butter and four tablespoonfuls of flour stirred smooth in cold milk. Let all come to a good boil and take from the stove at once. Sprinkle a little chopped parsley over each dish as served.

Bouillon

One ten-cent soup-bone, one tablespoonful of sugar, two sprigs of parsley, four cloves, two pounds of soup meat, one-half onion, one-half carrot, one stalk of celery, one blade of mace, one small piece of veal, one-half teaspoonful each of

salt and pepper, four quarts of water, two bay leaves and one-half lemon. Chop the meat fine and add the cold water. Cook slowly four hours, but do not let boil. Chop the vegetables, brown the sugar, add the seasoning to the soup, simmer one hour longer, strain and when cool remove the fat. Reheat and before it boils stir in the whites of two eggs slightly beaten. Strain through a cloth and serve with a slice of lemon in each cup. Bouillon should be served in cups.

Croutons

Small pieces of bread cut into dice and fried crisp and brown are served in clear soups.

CHAPTER VII

FISH

Planked White Fish

To plank a white fish weighing about three pounds: Clean, remove head and fins. Cut the fish open the entire length on the under side. With a sharp knife loosen the backbone and the flesh from the ribs until you can take hold of it and raise it up and draw it up and out at the neck where the head has been taken off. If you can not remove the bone yourself, the marketman will do so for you. Wipe the fish with a clean dry cloth, season with salt and pepper. Heat the planking board and rub over it a little butter before placing the fish skin side down upon it. Cook about thirty or thirty-five minutes. The time must be determined by the heat and the size of the fish. Serve on the board with melted butter and finely chopped parsley. A few slices of lemon may be

placed on the board. Standards or frames, nickelplated or silver-plated, may be purchased for the planking board. If you do not have a standard the board may be placed on a shallow platter when sent to the table. There is usually a little dip in the board for the melted butter.

There is something very fascinating about a nicely planked fish when sent to the table on the board. A beefsteak may be done to perfection, also, in this way.

Brook Trout

The brook trout is one of the most delicate of fish. It should be cleaned soon after being caught and then kept cold and dry. It will suit the taste of the most fastidious when cooked in the following way: Do not allow the fish to stand in the water as it will take away some of the flavor of the fish, but wipe the fish dry, inside and out, with a clean damp cloth. Sprinkle the inside, along the backbone, with salt and pepper and fry in deep salt pork or bacon fat. The fat should be boiling, and the fish fried until a golden brown,

or until the fork will pierce the flesh without sticking, or until there is none of the feeling as though the fork were going into cotton. Garnish with sprigs of parsley and thin slices of lemon. These fish are also delicious if fried in olive oil, using about one cupful of the oil for eight or ten fish, I should say.

Fried Shad Roe

Shad roe should be fried in deep, salt pork fat. Bacon fat may be used instead, but there is a flavor from the salt pork that can not be got from any other fat. The fat must be boiling hot when the roe is put in, otherwise it is liable to break. It requires about twenty minutes to cook it thoroughly. The fork must go in easily, with no sticking, before you may be sure it is done. The roe must be well cooked, as there is an unpleasant flavor to it unless thoroughly done. Parsley and lemon make a good garnish for this fish. Fried potatoes are good served with it, also potatoes au gratin. Spinach and asparagus are good vegetables to serve with this fish roe. Let the roe

stand in salt water for a half-hour. Dry before putting it in the fat. If the roe is pierced with a fork before putting it into the fat it may prevent spattering.

Planked Shad

Shad comes rather early in the spring and should be eaten then, as later it becomes soft and not so palatable. Of course it must come from a distance to many of us. I would follow the same directions in planking shad that are given for the planking of white fish.

Baked Salmon for Luncheon

There should be about a pound of the fresh salmon when it has been cooked, the skin and bones removed. Use one-half cup sweet milk, one-half cup of fine bread crumbs, one table-spoonful melted butter, pepper and salt to taste. Sprinkle a little grated cheese over the top and bake about twenty minutes. If the fish seems dry, add a little more milk before putting in the oven, or as it is baking. A drawn butter sauce can be

served with this dish. It can also be baked in individual shells. You can use canned salmon in much the same way.

Sardines on Toast

Drain the oil and remove the skins from one box of sardines. Put a tablespoonful of butter into frying-pan, when hot put in the sardines carefully that they may not become broken, turn once and when thoroughly heated place a sardine on a tiny strip of toast and add a few drops of lemon juice. These fish can be prepared nicely in the chafing-dish.

Sardines on Sliced Tomatoes

Peel and slice the tomatoes quarter of an inch thick and place on a small lettuce leaf. Put two small skinned sardines on each slice of tomato and cover with French dressing. This makes a good relish.

Crab Meat Balls

Pick over one pint of fresh crab meat. Pick it over very carefully to remove all bones and

skin. Boil and mash one pound of potatoes. There should be about one and one-half pints of potatoes when mashed. Mix the potato and fish thoroughly together, add one egg well beaten, two tablespoonfuls of melted butter, and add pepper to taste. Beat all until light. Make into small balls and fry in deep fat.

Clam Fritters

Chop three dozen fresh clams, but not too fine, add one pint of milk and three eggs beaten together, salt and pepper to taste. Use the liquor from the clams and flour enough to make a thin batter. Fry in deep hot lard.

Oyster Pies

Line small, deep pie tins with a rich biscuit dough; cover the bottom lightly with flour. Pick the oysters over carefully to remove any pieces of shell, place in the pans with the liquor, season to taste with salt, pepper and bits of butter and tiny sprigs of parsley. Sprinkle lightly with flour, and cover with an upper crust in which a few open-

ings are made to allow the steam to escape. Bake twenty minutes or until a good rich brown. The tins, or dishes used for the pies should be about the size of a saucer.

Creamed Oysters

Pick over one quart of large fresh oysters, freeing them of any bits of shell. Rub together two tablespoonfuls of butter and two tablespoonfuls of flour. Put into the cooking pan one pint of sweet cream and the butter and flour. When it is beginning to boil add the oysters, season with pepper and salt. Serve on crisp toast.

Creamed oysters are easily prepared in the chafing-dish.

CHAPTER VIII

GOOD COMBINATIONS IN SERVING

With Mutton

Serve with a boiled leg of mutton, a caper or egg sauce, creamed or mashed potatoes, peas, cauliflower, asparagus or spinach. Sliced tomatoes are good. For the caper sauce, make a drawn butter sauce, using two tablespoonfuls of butter, one tablespoonful of flour and a large cup of milk. Water may be substituted for milk. Add three tablespoonfuls of French capers, remove from the fire and add a little lemon juice. For the egg sauce, have a drawn butter sauce, and add to it four hard-boiled eggs chopped fine. Also add a little finely chopped parsley.

With Roast Beef

Serve with roast beef or roast mutton a brown gravy, using a part of the dripping from the meat.

Turn off a portion of the grease and add to the remainder one and one-half tablespoonfuls of flour and rub to a smooth paste, then add one cup of cold water and let cook until thick. Serve browned white or sweet potatoes, mashed turnips, peas, string-beans or baked corn.

Yorkshire pudding is also served with roast beef. Use three eggs, one pint of sweet milk, one and one-quarter cups of flour, a little salt. Beat the eggs light and stir in the milk, add slowly to prevent lumps forming. Take four large spoonfuls of dripping from the beef into a square pan and pour the batter into this, bake twenty minutes. Serve in pieces placed around the beef on the platter.

With Bacon

Wash and slice, without peeling, four or five tart apples. Salt slightly. Place in the bottom of the baking dish two or three slices of bacon, cover with the apples, then add a few more slices of bacon. A thick covering of apples should be the top layer. Cover with a half-cup of water and a

little sugar. Bake until the apples are tender and a light brown. A piece or two of bacon may be added to the top layer if desired. This is a good dish for breakfast or may be served in place of a vegetable at dinner.

With Meat Balls

Mix one pound of raw beef chopped fine, about a half-pound of raw, lean fresh pork chopped fine and mixed with the beef. One-half cup of fresh bread crumbs, a large tablespoonful of butter melted, one egg well beaten, season well with salt and pepper, mix thoroughly. Make into small balls, about as large as a walnut, and fry in lard and butter until a light brown. A little milk may be added if the egg and butter do not make the mixture quite soft enough to handle well. Boiled onions, fried tomatoes and fried potatoes are good served with this dish.

For Luncheon

Use any cold roast, lamb, beef or veal and chop fine. Have about a pint of fresh bread crumbs

and a pint of stewed tomatoes. Cover lightly the bottom of the baking dish with crumbs, add chopped meat and a little of the tomato, season with salt, pepper and butter. Repeat until the dish is filled. Crumbs should be the top layer. Pour over all a half-pint of milk, unless there is a gravy to be used. The gravy makes the dish richer. It should be moist when served. Bake thirty minutes.

Fried Apples

Greening applies cut a quarter of an inch thick, having the skin on but removing the core. Cut in rings. Fry in hot butter and lard and sprinkle with brown sugar while frying.

With Fish

Tartar sauce is good with fish, whether broiled or fried. Make it of the yolks of two eggs, uncooked, half a teaspoonful of dry mustard, half a teaspoonful of salt, quarter of a teaspoonful of paprika and a little pepper. Beat together and add a small amount of oil and tarragon vinegar, alter-

nating until thick. Add a few finely chopped sour pickles or olives and French capers and a very small amount of chopped onion.

With Roast Fowl or Pork

To serve with roast pork, duck or goose: candied sweet potatoes, creamed white potatoes, boiled onions, fried parsnips, baked tomatoes, or baked apples. Apple sauce is good also. I sometimes bake the apples in the pan with roast pork.

With Roast Chicken or Turkey

With roast chicken or roast turkey serve a giblet sauce. Some prefer an oyster sauce with turkey. Mashed potatoes, boiled sweet potatoes, onions, mashed turnips, rice, peas, cranberry sauce, etc., go with fowls.

With Beefsteaks

With a nicely broiled beefsteak I like mushrooms broiled or fried in butter, fried or broiled tomatoes, spinach, asparagus, peas. In fact almost all vegetables are good served with beefsteak.

With Boiled Meats

Horseradish sauce goes well with beef. Take three tablespoonfuls of grated horseradish root, one tablespoonful of vinegar, one-quarter teaspoonful of salt, quarter teaspoonful paprika, four tablespoonfuls of rich cream. Mix the dry ingredients and add the cream beaten stiff. Especially good served with boiled meats.

With Lamb Chops

French fried potatoes or potatoes au gratin are good served with broiled lamb chops, so also are fried tomatoes, baked tomatoes, spinach, creamed cauliflower, cauliflower au gratin and artichokes. All meats should be served as soon as possible after cooking, especially steak and chops.

With Roast Lamb

A roast of young spring lamb is considered a delicacy. The hind quarter I think is preferable. Serve small new potatoes in melted butter with a little chopped parsley, green peas, asparagus or new cauliflower creamed or with melted butter.

With Pork Tenderloin

A large pork tenderloin split and stuffed with bread crumbs well seasoned is good served with fried apples and mashed potatoes. Two tenderloins can be placed together and fastened with skewers. This is better than tying them together with string. The skewers may be purchased at the hardware store.

CHAPTER IX

FIRELESS COOKERS AND COOKING

There is no doubt that the fireless cooker has many advantages. It saves fuel, time and labor, and especially for the housekeeper who keeps no servant it is of the greatest assistance.

There are so many kinds of these cookers on the market that one may be purchased to suit any purse. I prefer one in which baking and roasting can be done. These are provided with soapstone radiators, as they are called, which are heated on the stove and placed in the cooker, where they supply the source of heat. Care must be taken in heating these soapstone disks. If they are exposed to too great a heat at first they may crack open and possibly fall into pieces. They even have been known to explode violently when heated too rapidly while moist. They should be placed on an asbestos mat or an iron stove cover

until heated through. They may then be placed directly over the fire or gas burner and heated "sizzling hot." The heat can be tested by a moist finger. Never allow the radiators to become redhot. Never put a moist radiator over the fire. The radiators should be kept in a place where it is dry, on a steam radiator or in the sunshine. They must not be allowed to remain in the cooker when not in use.

The cooker itself needs to be kept clean and dry. It should be placed in the open air and sunshine occasionally. It must be wiped out carefully after each using. Do not use too much water in washing it out. Dry it carefully, absorbing all moisture. It is also best to allow the cover of the cooker to remain raised, as this will prevent any odor from gathering in it. If it remains closed all the time a musty smell is apt to come.

Cooking can be done in these cookers without the radiators, but it is rather a steaming or stewing process. Meats and vegetables should first be

"started" on the stove. It requires more time for the cooking of food in the fireless cooker than on the stove, but after the articles are once in the cooker, they can be left to themselves. They are not liable to overcook. This helps the busy housekeeper very much.

Boiled Ham

Cover a half ham weighing six pounds with cold water, place on the stove and let it boil about five minutes, cover and remove to the cooker and cook for about five hours. Take from the cooker and remove the skin. A few cloves may be put into the ham, or it may be rubbed with egg, crumbs and brown sugar and placed in the oven for a half-hour or so before serving.

Fricasseed Chicken

Select a chicken weighing four pounds, clean and cut into pieces for serving. Place the chicken in the cooker kettle. Pour over a small amount of water, season with salt and pepper. Let it boil about five minutes before placing in the cooker.

The hot radiator is put in the bottom of the cooker first. No radiator is required to be placed on the top of the kettle. Do not use too much water. Less water is required in fireless cooking. It will require about three hours of cooking. Noodles can be put into the kettle the last forty-five minutes of the cooking, or the chicken with thickened gravy can be poured over hot biscuit.

Roast Lamb

A leg of lamb weighing five and one-half pounds will require four hours of cooking. First sear the roast in a little butter in a pan on the stove. When lightly brown remove the pan in which it is to be placed in the wire basket in the cooker. Sprinkle with salt and pepper. Pour over it a half-cup of water and the butter that it was browned in. Place a hot radiator in the bottom of the cooker and place the wire basket containing the pan of meat on it. Put another hot radiator over the top of the wire basket. Close down the cover of the cooker and fasten. After the meat has been cooking one hour, raise

the cover and let the steam escape. At the end of two and one-half hours you will have a finely cooked piece of lamb. A gravy can be made from the liquor in the pan by thickening with a little flour that has been rubbed smooth in cold water. The cooking of the gravy must be done on the stove. It will take but a few minutes for it to boil up and be thick.

Onions

Allow the onions to boil five minutes on the stove, season with salt, cover with water and put in the cooker. It will require one hour to cook medium-sized onions. Use one radiator. There will be no disagreeable odor in the house when onions are cooked in this way.

Pot Roast

Have a three-pound pot roast (beef is best). Fry an onion in two tablespoonfuls of butter in a frying-pan on the stove. Place the roast in this and let it sear. Have ready two or three carrots diced, season with salt and pepper and place in

the cooker kettle. A little water may be added. Do not put kettle cover on, but place the frame for the holding of the radiator over the kettle. Place a hot radiator over the meat and cook three hours. Two radiators are used, one being put in the bottom of the cooker. The steam can be allowed to escape by raising the cooker cover once or twice during the roasting.

Cauliflower

Separate the cauliflower into small pieces. Put into the cooker kettle, cover with water and season with salt. Let it come to a boil on the stove, cover and put in the cooker and let cook one hour, using one radiator. Melted butter may be poured over the cauliflower when removed to the serving dish. This way of cooking is odorless.

Asparagus

Trim the tough ends from the asparagus. Put in the cooker kettle, cover with cold water and season with salt. Let come to the boil, place in cooker, using one radiator, and cook one hour.

When ready to serve pour over the asparagus melted butter. Tie the asparagus together while cooking.

Potatoes

Pare and quarter, lengthwise, medium-sized potatoes. Place in the cooker kettle and cover with cold water, slightly salt. Let them cook five minutes. Drain off the water and place in the cooker, using one radiator. It will require forty-five minutes for the cooking.

Spinach

Wash the spinach carefully to remove all particles of sand. Put in the cooker kettle and salt to taste. No water is required, as the leaves contain all that is necessary for the cooking. Cook one hour, using one radiator.

Baked Potatoes

Potatoes can be baked in the cooker. Place them in the wire basket, setting the basket on the hot radiator in the bottom of the cooker. A hot radiator is placed on top of the basket. Open the

cooker two or three times to allow the steam to escape. This must be done or the potatoes will be soggy. It requires some time for the baking of potatoes. Much depends on the size. It will require an hour and a half at least.

Vegetables

Vegetables cooked in a fireless cooker are excellent. It makes them thoroughly tender.

Cabbage

Remove the outer leaves from a head of cabbage. Cut the head in half and wash carefully. Put into the cooker kettle and salt slightly. No water is required, as the leaves of the cabbage retain sufficient water for the cooking. Use one radiator and cook one and one-half hours. Remove from the cooker and season as desired.

Bread

Bread will bake very successfully in the fireless cooker. Put the tin containing the loaf of bread into the wire basket. Place the basket on the hot

radiator with another hot radiator on the top. It will require two hours to bake a medium-sized loaf of bread. Open the cooker cover two or three times to allow the escape of the steam. Small tins of bread will bake in less time, say one and one-half hours.

Pies

Pies require very hot radiators. Two should be used. The cooker cover must be raised to allow the steam to escape, or the pie crust will be soggy. Pies are baked on ordinary pie tins and the tins are put in the wire basket. Apple and fruit pies require one hour for baking. Cakes and puddings are all good cooked in the fireless cooker. A loaf cake will require from forty-five minutes to one hour. Cakes containing fruit require a longer time for cooking than a plain cake. Two radiators are always used in cake-baking.

Sometimes a cake seems moist on the bottom when turned from the tin in which it has been cooked. If this is the case place it bottom side up in a hot oven for a few minutes. This can be

done without injury to the cake if handled carefully.

Do not become discouraged if a few failures are made. All cooking requires experience. Failures come sometimes with coal and gas ranges. There is an old saying,

"If at first you don't succeed Try, try again."

This may help when you first attempt fireless cooking. Almost any article of food can be cooked in a baking and roasting fireless cooker. The freedom from odors is a great advantage.

CHAPTER X

COOKING IN PAPER BAGS

It is foolish to claim that cooking in paper bags will ever become universal, although there is a fascination about it for most. There are many things to take into consideration. First, buy the proper kind of bags. Bags are manufactured for this style of cooking and may be purchased from local news-dealers. They come in a number of sizes. It is well to have assorted sizes for the cooking of different articles of food. The sizes range from quite large bags to small ones.

Do not try to use an imperfect bag; that is, one that may have a small hole in it or a split on the side, although it can be turned over and a clip used to secure the broken place. If the bag breaks while in the oven it is hard to manage. All bags must be thoroughly greased before using. I

use a wad of tissue-paper for that purpose, although a brush may be used if desired, but one must be selected carefully, as the bristles in many of the brushes come out and they will stick on the greasy bag. Some of the bags come with fastenings on them, but I usually fold the corners over, and slip a clip over each corner and three or four across the open end. This makes the bag tight so that no grease can escape or air enter the bag.

My experiments in bag cooking have been made in a gas range, therefore I shall try to tell as nearly as I can about the heating of the oven. I turn on both burners to the full extent for about ten minutes before I put anything in the oven. This length of time should heat the oven very hot, 350 degrees Fahrenheit. I place my bag on a wire grid before placing the food in it. It is easier to handle in this way. Then I place the filled bag and the wire grid on the grid shelf in the oven and leave the full amount of heat on until the bag turns brown and the corners turn

up. This does not take more than a few minutes. Then I lower the heat about half and when the bag becomes quite a dark brown I turn off one of the burners and lower the remaining light to about one-third of full power and leave it so until the cooking is finished. Close watching is required at first to make sure that no breaks come in the bags and that the heat is not too great. When done I remove the wire grid from the oven, with the bag on it, to a flat kettle cover. This helps to keep the bag from breaking, as by this time the bag is so charred that it will not stand very much handling. The seam side of the bag is always placed uppermost.

Of course if a bag should burst it can be placed at once into another bag, or if the break is very slight it can be folded over and a clip used to secure the broken place.

When the food is about done I make a tiny opening in the top of the bag to see if it has browned sufficiently and if it has not I open a little wider space. This can be done without in-

jury to the contents of the bag. The articles in the bags, however, are supposed to brown sufficiently without this being done.

I will name a few articles of food that I have cooked successfully in paper bags.

Halibut Steaks

Use the ordinary slice of halibut, about one inch thick, season well with salt and pepper, and a little lemon juice if liked. Place in a thoroughly buttered bag and bake for twenty-five minutes. Before sending to the table sprinkle with chopped parsley.

Roast Lamb

Use a leg of lamb weighing about five pounds, sprinkle with salt and pepper and a little flour. Place in a thoroughly greased bag and add about half a tumbler of water. Tip the bag up a little while sealing, that the water may not run out. It requires about one hour and a half to cook this roast. Large potatoes may be placed around the meat and you will find them delicious baked in

this way. Large potatoes must be used or they will cook before the meat is done.

White Fish

The fish may have the bone removed if desired. Salt and pepper and place in the bag skin side down and bake for about twenty-five or thirty minutes. A hot oven is required for about ten minutes and a medium heat for the remainder of the cooking. Before sending to the table pour over the fish a little melted butter.

Roast Pork

Have a roast of pork weighing about four pounds, season with salt and pepper and place in a well-greased bag. Either apples or potatoes may be roasted with the pork. Add a little water. It will require about one and a half hours to cook this roast in a moderate oven. Pork should be well done.

Pot Roast

Use a piece of meat weighing about four pounds. Rub the meat well with salt and pepper.

Have a large bag well greased. Place in the center of the bag a small piece of suet. Have ready two thinly sliced onions, three sliced carrots and some sliced potatoes. Place the meat in the center of the bag upon the suet and the vegetables around the meat. Add a small cup of water. It will require two hours for the cooking of this meat in a slow heat.

Baked Apples

Pare and core as many good-sized tart apples as your bag will hold, sprinkle over them a little cinnamon and a cup and a half of sugar. Place in a buttered bag and add half a tumbler of cold water. Seal the bag and bake thirty to forty minutes. The oven must be hot at first, lessen the heat after the first ten minutes.

Roast Quail

Select fine plump birds and stuff them with a dressing made of bread crumbs and chestnuts. The chestnuts must be chopped very fine. No other seasoning is needed but butter and salt.

Place a strip of bacon on each bird and place in a well-greased bag. They will require from forty to fifty minutes to cook.

Meats shrink less in bag cooking than in any other way and also retain their juices. This constitutes the chief advantage of bag cooking.

Pies

Pies should be placed on tin plates before putting into the bag. It will require about thirty minutes to cook a pie of the usual thickness. When cooking pastry there should be a few little openings made with a fork in the top of the bag.

Baked Potatoes

Potatoes are delicious baked in paper bags. It requires about the usual time, or perhaps a little longer, say forty-five minutes to one hour.

Onions

Onions may be cooked in the paper bag and so do away with much of the unpleasant odor. Select onions of a uniform size, season with salt and pepper and place in a well-buttered bag with a

small piece of butter and a half-cup of water. It will require about forty minutes for the cooking. A little cream may be poured over the onions when placed in the serving dish.

Cauliflower

The same directions will apply to the cooking of cauliflower.

CHAPTER XI

COOKING GAME BIRDS

Roasting Ducks

Wild ducks should be roasted in a quick oven and should be a trifle rare rather than done dry. Use a dressing of finely chopped bread seasoned with salt, pepper and butter with a little chopped onion. The onion helps to do away with the fishy flavor sometimes found in wild ducks. A few slices of onions placed on the top of the duck while roasting is also good. A good filling is sometimes made from potatoes mashed and whipped until light, seasoned with salt, pepper and butter. Raisins and apples also make a good dressing.

Broiled Quail

Always pick the feathers from the birds instead of skinning them, for there is a little bit of fat

under the skin that is lost if the birds are skinned. Clean and rinse them out carefully, split open down the back, season with pepper and salt. Press the breast-bone as flat as possible, without breaking. Place in the oven with the inside to the fire for about ten minutes, or until a little brown, turn over and place strips of bacon across the breast and broil about fifteen minutes, or until done, but not done dry. Serve on small pieces of buttered toast.

Roasted Quail

Roast quail are very good eating. Have the opening as small as possible where the intestines have been removed. Make a dressing of a small amount of bread crumbs, a teacup of finely chopped and boiled chestnuts, and season with salt, pepper and melted butter. Do not have too much bread and other seasoning, as it will kill the flavor of the chestnuts. It takes very little dressing to fill a quail. It will require about thirty minutes to roast these birds. They should be basted with melted butter while roasting, and I usually put a

slice of bacon over each bird when placed in the oven.

The above directions will apply to roast grouse. Squabs can also be cooked in this way.

Canvasback Duck

A canvasback duck is a great treat and should always be carefully cooked. I think twenty minutes in a quick oven is about the right time for most tastes. There should be a dressing made from fine bread crumbs, well seasoned, but not too much onion, as it will kill the fine flavor of the bird. Another dressing can be made from prunes, apples and raisins. A tart jelly or some spiced fruit is always served with duck.

CHAPTER XII

COOKING VEGETABLES

Candied Sweet Potatoes

Boil the potatoes until tender, peel and cut lengthwise about a quarter of an inch thick. Place in the baking dish a layer of potatoes, sprinkle with light-brown sugar and small pieces of butter, repeat until the dish is filled. Cover the top layer with a sprinkling of sugar and butter and a little grated nutmeg, if liked. Pour over all a teacup of water or milk and let brown in the oven.

Mashed Potatoes

Try a little sour milk or cream in your mashed potatoes, about a quarter of a teacup of milk to enough potatoes to serve six people. The potatoes should be seasoned with salt and butter and whipped very light. The sour cream helps to make them light.

Potatoes Au Gratin

Chop cold boiled potatoes very fine, cover with a white sauce. Put in the baking dish, cover with finely grated cheese and bake until brown, or until the cheese has melted and browned.

White sauce is made with a pint of milk. Rub two tablespoonfuls of flour and butter together. Have the milk hot and pour gradually on the flour and butter, seasoned with salt and pepper.

Cauliflower Au Gratin

Boil a young cauliflower in salted water until tender. Separate the cauliflower into small pieces, put in the baking dish and pour over a white sauce, cover with grated cheese and set in the oven to brown. A little butter should be put over the cauliflower before covering with the cheese. The cauliflower should be placed in the water head down. It will retain its color better.

Baked Tomatoes

The following quantities will fill six good-sized tomatoes: one cup of bread crumbs, one small

onion chopped fine, one teaspoonful of sugar, one tablespoonful of melted butter, a little salt and pepper. Cut the top from the tomatoes, remove the pulp, chop fine and mix with the bread crumbs and seasoning. Fill the tomatoes with the dressing, replace the tops, place in a baking dish, lay a few slices of bacon over the tomatoes, cover and bake a half-hour. Remove the cover when about done and let them finish cooking while browning.

Broiled Tomatoes

The tomatoes should be ripe, but not soft. Wash, leaving the skins on, cut in about quarter-inch slices, salt and pepper, place in a wire broiler before a medium fire and let them cook done and brown.

Stuffed Green Peppers

Select good-sized sweet peppers. Cut off the tops, or stem ends, remove the seeds and fiber. Pour boiling water over the peppers and let them stand until the water becomes cool; repeat the process, then place the peppers in cold water to

harden them. Make a dressing of a half-teacup of bread crumbs, a teacup of cold boiled ham chopped fine, mix with melted butter until a soft dressing is formed. Fill the peppers and replace the tops, put in the baking dish with a few slices of bacon and bake until tender, about thirty or thirty-five minutes.

Mushrooms Fried

Peel and let the mushrooms lie in salt and water about one-half hour, then drain and fry in hot butter. Be careful not to cook them too long, as too much cooking toughens them. Season with salt and pepper. The mushrooms are nice served on small crisp pieces of toast, or plain bread. The mushrooms become very dark when cooked.

CHAPTER XIII

SALADS

Fruit Salad

One can of sliced pineapple, one pound of Malaga grapes, three medium-sized tart apples and a few maraschino cherries. Drain the sirup from the pineapple and cut into small cubes, cut the grapes in half and remove the seeds, peel and cut the apples into small pieces and the cherries in half. A few English walnuts may be added if desired. Set aside to chill. When ready to serve add the following dressing: One cup of cream whipped, two tablespoonfuls of lemon juice, two tablespoonfuls of powdered sugar. Place on lettuce leaves with a little of the dressing on top.

Apples and Banana Salad

Three good-sized tart apples cut into small

pieces, the tender parts from three stalks of celery cut in small pieces, two bananas cut thin, three-quarters of a cupful of broken pecan nuts. Season with a little salt, and a teaspoonful of powdered sugar. Mix with a mayonnaise dressing. Serve on lettuce leaves with a little of the mayonnaise on each plate.

Cherry Salad

Use the large, black, sweet cherries. Remove the stones carefully with the fingers, keeping the cherries as nearly whole as possible. Insert a filbert in each cherry. Serve on the small white leaves from head lettuce. Cover with mayonnaise dressing in which whipped cream has been added. Serve quite cold. The nuts may be omitted, if desired

Grapefruit and Orange Salad

Remove the pulp from two large grapefruits and three large oranges, keeping the fruit in as large pieces as possible. Serve on crisp lettuce leaves with a French dressing, using a part of

the juice of the grapefruit and a teaspoonful of tarragon vinegar. This salad requires more oil than is usually used in French dressing.

Summer Salad

Peel and cut thin, fine ripe tomatoes, one fresh cucumber; add a few rings cut from a sweet green pepper. Mix with a French dressing or mayonnaise. Serve cold on crisp lettuce leaves.

'Alligator Pear Salad

Remove the pulp of the pear from the skin, or shell, in small pieces with a teaspoon. Serve with French dressing on crisp lettuce leaves. This salad may also be served in the shells and without lettuce.

Tomato Aspic

One-half can of tomatoes (four or five fresh tomatoes may be used instead if desired), one bay leaf, six cloves, a blade of mace, a tiny bit of garlic, one-half teaspoonful of salt, a little white pepper and one-quarter of a teaspoonful of paprika.

Cook for twenty minutes,—a longer time if fresh tomatoes are used. Strain and add one-third box of granulated gelatine which has been soaked in one-third cupful of cold water until dissolved; add two tablespoonfuls of vinegar, strain and pour into small cups. When cold remove from cups and serve on lettuce leaves with mayonnaise dressing.

Marshmallow and Orange Salad

Peel and remove all the white fiber from six sweet oranges. Cut the pulp into small pieces, one-half can of pineapple cut into small pieces, a dozen marshmallows cut fine, but not chopped. A small amount of nut meats may be added if wished. Mix with mayonnaise and serve on the tender leaves from a head of lettuce.

Asparagus Tips

Asparagus tips placed on crisp lettuce leaves and covered with French dressing make a good salad. Pimentos may be cut in small pieces and put over the tips, if liked.

Shrimp Salad

One pint of fresh shrimps cut rather fine, one-half pint of tender celery cut fine, one-half dill pickle cut fine. Mix with mayonnaise dressing, serve cold on lettuce leaves and top with mayonnaise.

Lettuce Salad

Use the small, crisp and more tender leaves from head lettuce. Let the leaves stand in cold water until they are crisp, drain and place in a cloth on the ice. Serve with French dressing. Serve cream cheese balls with this salad.

Mayonnaise

Yolks of four eggs, one pint of olive oil, one tablespoonful of sugar, two tablespoonfuls of vinegar, one tablespoonful of mustard, a little paprika and salt to taste, juice of two lemons. Into the thoroughly beaten yolks of the eggs gradually mix the oil, a few drops at a time, stirring constantly. Add the other ingredients. Whipped cream may be added at the time of

serving. All the utensils used and the ingredients must be cold.

Banana Salad

Cut the bananas in half, lengthwise. Cover lightly with mayonnaise, place on crisp lettuce leaves and cover with finely chopped nuts. A little mayonnaise should be placed on the side of the salad plate.

Boiled Salad Dressing

Use the yolk of one well-beaten egg; into this stir a half-teaspoonful of mustard, a scant teaspoonful of salt, a little white pepper and a quarter of a teaspoonful of paprika and one teaspoonful of sugar. Mix together and stir into the egg. Pour over this one-fourth of a cupful of warmed milk, add two generous teaspoonfuls of butter. When thick add three teaspoonfuls of vinegar that has been heated and one teaspoonful of tarragon vinegar. This dressing may be thinned with a little sweet or sour cream, if desired, at serving. This recipe makes a small amount.

Another Mayonnaise

Use the yolks of two eggs, separating them from the whites as much as possible. Put them into a clean, cold, shallow dish. Stir them slightly with a silver fork. Add a quarter of a teaspoonful of salt. This will slightly thicken the yolks. Pour a half-pint of cold salad oil into a cold cup, and add drop by drop to the eggs, stirring quickly until it is thick or until all the oil has been used, then add two teaspoonfuls of tarragon vinegar, a little paprika and a tiny bit of garlic, if the dressing is to be used as a vegetable salad dressing.

Aspic

Cover a quarter of a package of powdered gelatine with a quarter of a cup of cold water; let it stand a half-hour. Mix together a table-spoonful of butter and one tablespoonful of flour, put in sauce pan and add a half-pint of milk. When boiling add a half-teaspoonful of salt, a little white pepper, a half-teaspoonful of onion

juice and the gelatine. Mix together and strain through a fine sieve. Aspic is used in preparing jellied meats, etc., also as a garnish for meats and salads.

Dressing for Fruit Salad

Yolks of three eggs well beaten, three large teaspoonfuls of sugar, a little mustard, salt, pepper and paprika, pour over this five tablespoonfuls of vinegar and one teaspoonful of tarragon vinegar. The vinegar should be hot. Put in the double boiler and cook until thick. Add one large teaspoonful of butter before removing from the kettle. When ready to serve add one pint of stiffly whipped cream and mix thoroughly with the fruits, serving on lettuce leaves.

Cheese Balls

Grate a half-pound of cheese and mix thoroughly with two cups of soft bread crumbs, two well-beaten eggs, a piece of butter the size of a walnut. Season to taste with salt, mustard and paprika. Mix into small balls, roll in egg and

crumbs, fry in hot fat. Serve hot with a plain lettuce salad.

Cream Cheese Balls

Two cream cheeses mashed and mixed with enough sweet cream to allow them to be made into small balls. A little very finely chopped green pepper or parsley may be added. Chopped nuts may be used instead of the pepper. These are nice served with salads.

CHAPTER XIV

CAKES

Sunshine Cake

Whites of eight small eggs, or seven if large, one scant cupful of powdered sugar mixed with the whites, then add the yolks well beaten, one-half teaspoonful of cream of tartar, two-thirds of a cup of flour. Bake forty or fifty minutes in a hot oven, cooling toward the last. Ice with a boiled icing flavored with lemon extract.

Angel Cake

One glass of flour measured after sifting, add one level teaspoonful of cream of tartar to the flour and sift flour six times. One and one-half glasses of sugar sifted six times. Beat the whites of eleven eggs until very stiff, add the sugar first, then the flour, add one teaspoonful of vanilla extract. Rose or almond extract is pre-

ferred by some. Stir as little as possible after flour has been added. Put in an ungreased cake pan and bake in a slow oven from forty minutes to one hour, opening the oven door as little as possible and closing carefully.

Snowballs

The whites of four eggs. One cup of sugar, one-half cup of butter, cream the butter and sugar, add one-half cup of sweet milk, two cups of pastry flour, one and one-half teaspoonfuls of baking powder, one teaspoonful of vanilla. Fold in the stiffly beaten whites of the eggs. Bake in a square tin. When cold cut in two-inch squares, cutting away all the brown. Dip each piece in boiled icing and roll in freshly grated cocoanut. Finely chopped nuts are sometimes used instead of cocoanut.

Apple Jelly Cake

Cream one cup of sugar and one-half cup of butter, add one-half cup of sweet milk, two and one-half cups of pastry flour, one and one-half

teaspoonfuls of baking powder, fold in the whites of four eggs well beaten. Bake in three layers in a quick oven.

Jelly

Three large tart apples grated, one cup of granulated sugar, the juice and grated rind of one lemon. Cook twenty-five or thirty minutes, stirring often to prevent burning. Before quite cooked, add one well-beaten egg. Put between the layers and on top of cake. This filling must be thoroughly cooked or it molds.

Surprise Cake

One egg, one cup of sugar, one-half cup of butter, cream the butter and sugar, add one cup of sweet milk and the beaten egg, one and one-half teaspoonful of baking powder, two cups of flour, add one teaspoonful of flavoring or grated nutmeg. Two tablespoonfuls of currants may be added and baked in gem pans, or a loaf.

Orange Cake

One-half cup of butter creamed, add one cup 108

of granulated sugar and cream together. Threefourths of a cup of sweet milk, two and onehalf cups of flour. Add the well-beaten whites of three eggs. Two teaspoonfuls of baking powder. Before adding the eggs put in a tablespoonful of orange juice and a little of the grated peel. Bake in three layers.

Icing

Use the remaining orange juice and the grated peel of the orange. Stir in enough powdered sugar to spread evenly on the cake. A table-spoonful of cream is added last. This helps to keep the icing soft.

Walnut Mocha Cake

One-half cup of butter, one cup of sugar, one-half cup of coffee infusion, one and three-fourths cups of flour, two and one-half teaspoonfuls of baking powder, whites of three eggs, three-fourths cupful broken walnut meats. Cream butter thoroughly. Add coffee and sifted dry ingredients alternately. Add the nut meats with

the dry ingredients, cut and fold in the beaten egg whites last. Frosting: cream together one cup of powdered sugar and one-third cup of butter and add two tablespoonfuls of coffee.

Confectioner's Frosting

For walnut Mocha cake. Two tablespoonfuls of cream, to which add enough confectioner's sugar to make the right consistency to spread. Add one-half teaspoonful each of lemon and vanilla flavoring. A most satisfactory frosting and quickly and easily made. Good on other kinds of cake.

Date Cake

One pound of dates, stoned and chopped, one-half pound English walnuts chopped. Three eggs, one cupful pastry flour, one teaspoonful of baking powder, one cupful of sugar, one-half cupful sweet milk, one teaspoonful of vanilla. Beat the eggs separately, then together with the sugar, vanilla and flour. Add dates and nuts last. Bake about forty minutes.

Sponge Cake

Two eggs, whites and yolks beaten separately, one cup granulated sugar, pinch of salt, one cup of flour, one teaspoonful of baking powder. Add one-half cup of boiling water last. Flavor with lemon.

Cocoanut Cake

Three cups of sugar and one cup of butter creamed, one cup of milk, three and a half cups of flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda. Flavor with vanilla and fold in the well-beaten whites of ten eggs. Bake in layer tins in a quick oven. Make an icing of the beaten whites of three eggs and one pound of confectioner's sugar; ice each layer and sprinkle with freshly grated cocoanut.

Black Fruit Cake

One pound of butter and one pound of sugar creamed. Cream the butter before adding the sugar, then cream sugar and butter together. Twelve eggs, four pounds of raisins, two pounds

of currants, one pound of citron. Seed raisins and have the citron cut in very thin slices. Lightly brown one pound of flour. Two ounces of nutmeg, two teaspoonfuls of cloves, one teaspoonful mace, one teaspoonful allspice. Add a little molasses and one-quarter pint of good brandy to keep the cake moist. This will make two large loaves. Excellent for wedding cake. Bake slowly in a moderate oven for an hour and a half at least.

Snow-Drift Cake

Whites of five eggs beaten stiff, two cups of powdered sugar and one-half cup of butter, one cup of sweet milk, three cups of sifted flour, two teaspoonfuls of baking powder. Flavor with vanilla or almond extract.

Loaf Cake

Cream one and one-half cups of butter and two cups of sugar. Add three beaten eggs, one cup of sweet milk, one and one-half pints of flour, two teaspoonfuls of baking powder. Add two

cups of stoned raisins, one cup of currants, onehalf cup of citron cut fine, one and one-half teaspoonfuls of vanilla and one-half wine-glass of brandy. Bake in round tins lined with paper. Bake in a moderate oven, about forty-five minutes or one hour.

Spice Cake

One and one-half cups of light brown sugar and three-fourths cup of butter creamed, one egg, one cup of sour milk, one teaspoonful of soda dissolved in hot water. One-half teaspoonful of cinnamon, one-half teaspoonful of allspice and cloves together, one teaspoonful of nutmeg, two good full cups of flour. One cup of seeded raisins. Ice if desired.

Chocolate Layer Cake

Cream two large tablespoonfuls of butter with two cups of sugar, one cup of sweet milk, three cups of pastry flour, two heaping teaspoonfuls of baking powder. Fold in the whites of three wellbeaten eggs. Take out one-third of the batter

and add to it one-half cup grated chocolate. Bake in three layers, putting it together with the dark layer between the two white layers. Ice with a boiled icing into which has been stirred two tablespoonfuls of melted chocolate.

Sponge Cake

Five eggs beaten separately, one cup of sugar, one-half lemon grated, using the juice, one cup of flour. Add a pinch of salt and one-half teaspoonful of baking powder. If a little sugar is sprinkled over the top of the cake before putting in the oven a light crust will form. Bake carefully. Add the grated lemon and juice last.

Devil's Food Cake

Put together in a porcelain-lined saucepan a half-cup of grated chocolate, a gill of milk and a half-cup of brown sugar. Boil together until thick as cream, set aside until cool. Cream a cup of brown sugar with a half-cup of butter, add two beaten eggs, two-thirds of a cup of milk and vanilla to taste, mix thoroughly, then beat in the

boiled mixture, and two cups of flour that have been sifted with a heaping teaspoonful of baking powder. Bake in layer tins and when cool put together with boiled icing.

Neapolitan Cake

Three-fourths cup of butter and two cups of sugar creamed. Add well-beaten whites of five eggs, one cup of sweet milk, two and a half cups of flour, three teaspoonfuls of baking powder. Take four tablespoonfuls of the batter out and add to it one-half cup of molasses, one cup of raisins chopped, one-half cup of flour, cloves and cinnamon to taste. Bake in layer tins and put together with tart jelly, currant is the best, the dark layer in the center. Cover the cake with icing.

Spanish Sweet Cake

One pound of raisins, three-fourths pound of currants, three-fourths pound of citron, one-half pound each of candied dates, cherries, pineapple, pears and peaches, one-third pound of preserved orange peel. Pour over this one tablespoonful

each of vanilla, maraschino, pistachio and one wine-glass of nectarine cordial. Let stand over night. Mix thoroughly one pound of butter, one and one-quarter pounds of sugar, one-half cup of molasses, yolks of twelve beaten eggs, one tablespoonful each mace, cinnamon, cloves and nutmeg, two pounds of browned flour. Dissolve one teaspoonful of soda and add just before putting in the fruit. Stir in one cupful each cocoanut, English walnuts and almonds chopped. Mix with the hands. Add the beaten whites of the eggs. Bake slowly and not for too long a time, in a moderate oven.

Pound Cake

One pound of butter and one pound of sugar creamed, one pound of flour, one teaspoonful of soda, two teaspoonfuls of cream of tartar. The beaten whites of sixteen eggs. Flavor as desired.

Spanish Bun Cake

One-half cup of butter and one pint of sugar creamed, four eggs, one cup of sour milk, one small teaspoonful of soda dissolved in the milk.

One cup of chopped raisins, two teaspoonfuls of cinnamon, one teaspoonful of cloves, one teaspoonful of mace and one pint of flour.

White Fruit Cake

Cream one cup of butter and two cups of sugar, add one cup of sweet milk, three cupfuls of flour, two teaspoonfuls of baking powder and the whites of five eggs well beaten. One-half pound of citron cut fine, two cups of freshly grated cocoanut, one cup of hickory nuts chopped fine. Flavor as desired.

Silver Cake

One cup of butter, two cups of sugar, one cup of milk, one-half cup of cornstarch, two cups of flour, two level teaspoonfuls of baking powder, one teaspoonful of vanilla. Fold in the whites of eight eggs well beaten.

Hickory-Nut Cake

Cream one-half cup of sugar and one-half cup of butter, add two eggs and one-half cup of cold water, two cups of flour, one and one-half tea-

spoonfuls of baking powder and one cup of hickory-nut meats chopped rather fine. Flavor with vanilla. This will make one cake.

Ginger Cakes

Three eggs, one cup of brown sugar, one cup of lard, one cup of molasses, a level teaspoonful of soda dissolved in a cup of hot water, five cups of flour, one large tablespoonful of ginger. Drop from a tablespoon on to a greased pan, portions about three inches apart.

White Mountain Cake

One-half pound of butter and one pound of sugar creamed, one cup of milk, one pound of flour, two large teaspoonfuls of baking powder. Fold in the whites of six eggs beaten until light. Bake in three layers. Icing: the stiffly beaten whites of six eggs, add to them slowly one pound of powdered sugar. Flavor with vanilla.

Chocolate Layer Cake

Cream one cup of butter, add two cupfuls of

sugar and cream together, one cupful of milk, three and one-half cupfuls of flour, scant measure, four eggs, leaving out the whites of two, one and one-half teaspoonfuls of baking powder. Icing: two cupfuls of pulverized sugar, two-thirds cupful of water. Boil ten minutes without stirring, pour over the whites of the two eggs beaten to a stiff froth, one teaspoonful of vanilla, one large tablespoonful of grated chocolate, one-half pound of grated cocoanut.

Soft Ginger Bread

One egg, two-thirds cup of New Orleans molasses, fill the cup with granulated sugar. Butter the size of an egg, one-half cup of sour milk, one teaspoonful of soda dissolved in the milk, one heaping teaspoonful of ginger, flour enough to make a stiff batter. Bake in a long tin in a quick oven.

Maple Cookies

One cupful each of granulated and maple sugar, one cup of butter, two well-beaten eggs,

two tablespoonfuls of water. Add flour enough to make the consistency of cooky dough or a dough that can be easily handled. Roll thin, cut in strips, sprinkle with sugar and bake a light brown.

Vanilla Snaps

One cup of sugar and two-thirds cup of butter creamed. Three eggs, three teaspoonfuls of baking powder, one tablespoonful of vanilla. Use as little flour as possible and roll very thin. Sprinkle with sugar before baking.

Raisin Cookies

One cup of butter, two cups of light brown sugar, three eggs, four tablespoonfuls of water, one cup of chopped raisins, one and a half teaspoonfuls of baking powder. Add flour enough to make it handle easily.

Sour Cream Cookies

One egg, one cupful of sugar, one cupful of sour cream, one small teaspoonful of soda dis-

solved in the cream, pinch of salt, flavor with vanilla. Use only enough flour to make a soft dough.

Oatmeal Cookies

One-half cup of lard and one-half cup of butter, two cups of light brown sugar creamed. Two eggs, three cups of rolled oats, one-half cup of boiling water, one level teaspoonful of soda, three cups of flour. Drop on buttered tins, less than a teaspoonful at a time. Bake in a slow oven.

Cocoanut Cookies

One cup of white sugar creamed with one-third cup of butter. One egg, two tablespoonfuls of milk, one teaspoonful of cream of tartar, one-half teaspoonful of soda, pinch of salt. One cup of freshly grated cocoanut. Flour enough to make the ordinary cooky dough.

Fruit and Nut Cookies

One and one-half cups of light brown sugar, one cup of butter, three eggs, two and a half

cups of flour, one teaspoonful of soda or one and one-half teaspoonfuls of baking powder, a little salt, one teaspoonful of cinnamon, one teaspoonful of cloves, three-quarters of a pound of raisins, stoned and chopped, one cup of hickory nuts chopped. Drop from a teaspoon on buttered tin and bake in a quick oven.

A Filling for Tarts

Three or four large tart apples, greenings preferred, the juice and grated rind of one lemon, one cup of white sugar. Cook twenty-five minutes and add one egg well beaten and cook five minutes longer. Serve in rich pastry shells and cover with whipped cream.

Fig Filling for Tarts

One pound of figs, chopped fine, one cup of sugar, one cup of boiling water. Put in double boiler and cook one hour; add the juice of one lemon and stir to a smooth paste. Fill pastry shells and cover with whipped cream. This may be used as a filling for a layer cake.

CHAPTER XV

ICINGS, FROSTINGS AND FILLINGS

Chocolate Cream Frosting

One and one-half cups of granulated sugar, one-half cup of sweet milk. Boil hard for four minutes, stirring constantly. It should be perfectly white and creamy when ready for the cake. Add one teaspoonful of vanilla when cool. Spread over the cake when cool. Have ready one-half cake of Baker's chocolate melted, spread over the white icing when it has cooled. This icing is not intended for a layer cake.

Caramel Filling

Two cups of light brown sugar, one cup of white sugar, one-half cup of butter, one-half cup of cream. Add enough water to the sugar to dissolve it, boil until it ropes, add cream and butter and boil five minutes. Beat until thick enough to

spread on the cake. Vanilla may be used as flavoring if desired. Use care in cooking or it will become sugary.

Butter Frosting

Two cups of white sugar, a piece of butter the size of an egg, three-fourths cup of milk. Boil about fifteen minutes or until it strings a thread from the spoon. Remove from the fire and beat until thick enough to spread over the cake. Do not stir while cooking.

Orange Filling

Yolks of three eggs, grated rind and juice of one medium-sized orange, one cup of white sugar. Boil all together until thick enough to spread between the layers of cake. A boiled icing may be used for the top.

Sour Cream Filling

Three-fourths cupful of thick sour cream, one large cupful of granulated sugar, boil about eight or ten minutes. Remove from the stove

and stir in one cupful of finely chopped nut meats. Flavoring may be added if desired. If this frosting is not thick enough when cool powdered sugar may be added without injury.

Caramel Frosting

One cup of light brown sugar, one-half cup of sweet cream, one-half tablespoonful of butter. Boil until thick enough to spread over cake when cool.

Boiled Icing

One cup of granulated sugar, one-third cup of cold water. Boil together without stirring until it threads. Have ready the stiffly beaten white of one egg, slowly pour the sirup over the egg, stirring constantly until cool. Flavor as desired.

Chocolate Filling

One-quarter cake of Baker's chocolate, threefourths of a cup of sugar, one cup of milk, yolk of one egg, two teaspoonfuls of cornstarch. Cook until thick enough to spread upon the cake.

Maple Sugar Filling

Scrape half a pound of maple sugar into a porcelain lined pan. Add half a cup of milk and cook until it spins a thread. Remove from the fire and pour slowly into the well-beaten whites of two eggs, beating until it thickens. Spread quickly between the layers of cake.

CHAPTER XVI

PUDDINGS

Suet Pudding

One and one-half cupfuls of suet chopped fine, one cup of molasses, one cup of sweet milk, one large cup of raisins, seeded, half a cup of currants, a little citron cut into thin pieces, a little salt, two and a half cups of flour, half a teaspoonful of soda stirred into the molasses, cinnamon, mace and cloves to taste. Steam three hours. A cup of coffee infusion may be used in place of the milk, if desired. The coffee will make the pudding darker. Serve with butter and sugar sauce.

Baked Indian Pudding

One quart of milk, three tablespoonfuls of white corn-meal. One cup of molasses, two eggs, one teaspoonful of salt, butter the size of an egg,

one teaspoonful of cinnamon and one teaspoonful of cloves. Scald the milk, keeping out one-half of a cupful, add the corn-meal slowly, stirring constantly. Boil three minutes and remove from the fire and add the other ingredients. Bake one-half hour, then add the half-cup of milk reserved, but do not stir the pudding. Bake two hours in a slow oven. To be eaten with butter. The pudding should be stirred occasionally the first half-hour of its baking.

Steamed Cherry Pudding

Stone one quart of cherries. Make a batter of one pint of flour, one pint of sweet milk, four beaten eggs, a little salt, one teaspoonful of butter and one large teaspoonful of baking powder. Steam two hours. Serve with a butter and sugar sauce.

Blackberries or blueberries may be substituted.

Apple Tapioca Pudding

Soak one cup of old-fashioned tapioca in six cups of water over night. Pare and chop fine,

six large tart apples, more if the apples are small, add one large cup of granulated sugar and cook in a slow oven about four hours, stirring occasionally at first. The apples and tapioca will become almost a jelly. To be eaten cold with cream and sugar.

Caramel Custard Pudding

Put three-fourths cup of white sugar in a frying pan, set it over the fire and stir constantly until the sugar is melted, and the sirup a light brown. Be careful not to let the sirup burn. Pour the sirup into a baking dish and turn around until the caramel has coated the sides thickly. It will harden on the sides and bottom of the dish. Make a custard of one pint of milk, four eggs beaten very light, add two tablespoonfuls of sugar, one and one-half teaspoonfuls of vanilla, mix together and pour into the caramel-covered dish. Set in a pan of water about half-way up the sides of the dish. Bake in a medium oven between thirty and thirty-five minutes, or until the custard sets. You can test it by putting the

blade of a knife in the center and if it comes out clean the custard is done. Be careful not to bake too long or the custard will become watery. Care must be taken when the pudding is turned from the baking to the serving dish or it will break. Do not turn out until ready to serve. It should be eaten cold. The pudding may be made in individual dishes.

Rice Pudding

Wash thoroughly one cup of rice. Pour over it one quart of boiling water, boil about thirty minutes. Add two cups of the cooked rice, three-quarters of a cup of sugar, two cups of milk, one tablespoonful of butter, a pinch of salt, two well-beaten eggs and a cup of seeded raisins. Bake in a baking pan set in a vessel of water until set, or like a custard.

Jelly Bread Pudding

One scant half-pint of fresh bread crumbs picked lightly apart. One pint of sweet milk, two beaten eggs, one-fourth of a cup of sugar, a small

piece of butter. Bake about a half-hour, stirring occasionally. If the pudding looks too thick add more milk. When cool spread the top with a currant jelly, or any tart jelly. Cover this with the stiffly beaten white of an egg to which has been added a teaspoonful of powdered sugar. Is good eaten cold or warm.

Hard Sauce for Pudding

Stir to a cream one cup of butter, add three cups of powdered sugar and rub smooth. When light add one small teaspoonful of nutmeg. Vanilla or a half wine-glass of sherry may be added.

Strawberry Sauce

One tablespoonful of butter and three of powdered sugar stirred together until very light. Add one teacup of mashed and sweetened strawberries. Cherries pitted and sweetened may be used instead of the strawberries, if desired.

Foamy Sauce

Cream one cup of butter and add one cup of

powdered sugar, mixing thoroughly. Add one teaspoonful of vanilla. Just before serving add one-quarter cup of boiling water, then add the stiffly beaten white of one egg and beat until foaming.

Cream Sauce

One-half pint of cream, one-half cup of white sugar and one-half cup of butter. Stand the cream in hot water until it froths. Beat the butter and sugar together and add the cream. Flavor with lemon extract or the juice from one-half lemon.

Cream Sauce

One teacup of powdered sugar, one-half cup of butter creamed thoroughly. Add one-half teacup of rich cream, stir in one-half teacup of boiling water. Set on the stove for a few minutes, stirring constantly, remove from stove and add any desired flavoring.

CHAPTER XVII

DESSERTS, ICES AND FRUITS

Ice-Cream

One pint of cream, one large cup of milk, one large cup of sugar, one and one-half teaspoonfuls of vanilla. Put in freezer and pack in salt and broken ice. This is a simple and good ice-cream. Fruits may be added. Preserved cherries, preserved pineapple cut in small pieces are good.

Charlotte Russe

One pint of whipping cream, two tablespoonfuls of powdered sugar, one and one-half teaspoonfuls of vanilla. Whip thoroughly. Put into sherbet cups lined with lady fingers. Serve at once and cold.

Lemon Ice

One generous pint of water, juice of five lemons, two large cups of sugar. Put in the freezer

and pack in ice and salt. When slightly frozen add the whites of four stiffly beaten eggs. Freeze a little longer, turning the freezer rapidly. The eggs may be omitted if desired. This is also good if a tablespoonful of pineapple preserve is poured over the top of each glass when served. The pineapple should be fine, of course.

Maple Cream

Beat the yolks of four eggs until quite stiff. Heat one-half pint of pure maple sirup until it comes to the boil, add the hot sirup to the eggs slowly, beating all the time as the mixture is cooling. Let it stand until cold and add one-half pint of thick cream. Pour in freezer, pack in salt and ice, and freeze. Do not freeze too hard.

Orange Shortcake

Three large, sweet oranges, peel and remove the membrane and cut into small pieces. Mix with a large cup of sugar and let them stand some time. Make a crust of one large cup of flour, one large tablespoonful of butter and lard together,

one generous teaspoonful of baking powder, add milk enough to make a soft dough. Make into a round about one inch thick. When done split in two and butter generously, placing the oranges between the two crusts and on top. More sugar may be added if desired. Individual shortcakes are always attractive.

Crust for Strawberry Shortcake

One pint of flour, one large teaspoonful of baking powder, a little salt, two tablespoonfuls of sugar, one tablespoonful of lard and one of butter, one teacup of milk. This should make a soft dough. Bake twenty to thirty minutes. Split and spread generously with butter, cover with crushed strawberries plentifully sweetened with sugar.

Tapioca with Fresh Cherries

Soak a scant half-cup of tapioca in a pint of water over night. Stone one quart of cherries, using the juice. Add one large cup of granulated sugar. Cook until the tapioca becomes a jelly and

add water from time to time as it is needed. A pint or more may be required. Freshly shredded pineapple may be used instead of the cherries. Serve cold with whipped or plain cream.

Tutti-Frutti Jelly

Soak one-half box of gelatine in one-half pint of cold water for one hour, add one pint of boiling water and the juice of three lemons and one and one half cupfuls of sugar, and strain. When the mixture is becoming stiff add one banana sliced thin, two oranges picked into small pieces, about ten dates chopped fine and a few chopped nut meats, mix thoroughly and place in a mold that has been wet in cold water. Served with whipped cream.

Prune Souffle

Stew and remove the pits from one-half pound of prunes. Pick the prunes into small pieces and add whites of six well-beaten eggs, twelve table-spoonfuls of powdered sugar, flavor with vanilla and lemon. Beat lightly. Bake in a quick oven

about ten minutes. Serve at once with whipped cream. Do not allow the soufflé to stand before serving, as it is apt to fall and become leathery.

Pineapple with Wine

Pare and slice a fine ripe pineapple. Put in a glass dish, a layer at a time and cover with powdered sugar until all the pineapple has been used. Pour over all a pint of wine; sherry is a good wine. Let stand for two hours. Stir well before serving.

Wine Jelly

Two tablespoonfuls and a half of granulated gelatine, let stand one hour in one-half cup of cold water, add two cups of boiling water and one cup of granulated sugar. The juice of two lemons and grated rind of one. Strain and add one-half pint of port wine. Add the wine when the liquid has cooled. Pour into a mold wet with cold water.

Marshmallow Cream

One quart of cream, one-quarter teaspoonful

each of lemon and vanilla extract, one-third pound of candied cherries, one-half pound of marshmallows, cut fine. One-half teacup blanched almonds chopped fine. Flavor the cream before whipping, add three tablespoonfuls of powdered sugar as the cream begins to stiffen. Add the nuts and fruit and marshmallows when the cream is thoroughly whipped. Serve cold.

Baked Apples and Figs

Peel, core and sweeten tart apples. Fill the cavity with finely chopped figs to which has been added the juice of two lemons. Bake and serve with cream and sugar. Chopped preserved ginger is also good, with a little of the sirup added.

Oranges and Cocoanut

Peel large, sweet navel oranges, slice thin and cut in half. Grate a fresh cocoanut. Put a layer of oranges in a glass dish and cover with powdered sugar and cover with the grated cocoanut; repeat until the dish is filled. The upper layer is of cocoanut. Serve cold with whipped cream.

Soft Custards

One pint of milk, two well-beaten eggs, a little salt, and one-fourth of a cup of sugar. Place in a double boiler and cook until a little thick. Flavor to taste. When cool pour into sherbet glasses. When ready to serve place on top of each glass a teaspoonful of the stiffly beaten white of egg in which a teaspoonful of powdered sugar has been stirred. The white of one or two eggs will be sufficient. Serve cold.

Baked Apples with Marshmallows

Peel, core, sweeten and bake medium-sized tart apples. When almost ready to come from the oven fill the cavity where core was removed with one or two marshmallows. Do not leave in the oven too long as the marshmallows dissolve readily. The marshmallows may be added after the apples come from the oven. Serve with whipped cream or plain cream and sugar. To be eaten cold.

Orange marmalade may be used instead of marshmallows.

CHAPTER XVIII

PIES

Good Pie Crust

One large cup of lard, three of sifted flour, a little salt, mix with cold water quickly into a fairly stiff dough, handling as little as possible. Use the same cup for measuring lard and flour.

Another Pie Crust

Two large cups of sifted flour, one scant cup of lard, a little salt, one-half cup of cold water, ice-water is best. Put the salt in the flour and mix the lard with it, using a knife until it is thoroughly mixed; stir in the water. Let the dough stand on the ice for an hour before using. Roll out thin.

Apple Pie

Line a pie plate with a rich crust and bake.

When done fill with a thick apple sauce, cover with whipped cream, sweetened and flavored with vanilla. Serve cold. A jam may be used instead of the apple sauce.

Mincemeat

Two pints of finely chopped meat, four pints of finely chopped and peeled apples, two pounds of seeded raisins, two pounds of currants, onehalf pound of citron cut thin, one-half pint of suet chopped fine, two pints of sugar, one cup of New Orleans molasses, two teaspoonfuls of mace, two teaspoonfuls of cinnamon, two teaspoonfuls of cloves, one nutmeg, one-half pint of boiled cider, a small amount of salt. Sirups from preserved fruits may be added instead of the cider. Onehalf pint of good brandy. I usually add a few raisins and citron to each pie when making. This meat should cook or simmer slowly for a long time. Put it away in glass jars with tightly covered top. Always heat the meat you intend to use at each baking. More sugar, spices and fruit may be added to suit taste.

Beef is the meat used for this mincemeat and is boiled tender before chopping. Do not put through the meat grinder.

Cream Pie

One pint of milk, one-half cup of sugar, yolks of two eggs, one-quarter cupful of flour. Mix the eggs and sugar well together. Add the flour dry to the eggs and sugar, and mix until smooth. Add to this milk enough to make a thick paste. Put the milk in a double boiler and when it is hot add the mixture; cook until thick, stirring constantly. Line a pie plate with a rich crust and bake, adding the mixture afterward. Set in the oven until a thin crust seems to come over the top, cover with meringue made from the two eggs, add a teaspoonful of powdered sugar and lightly brown.

Squash Pie

Rub enough cooked Hubbard squash through a sieve to make one cupful. Add three-fourths cupful of sugar, one tablespoonful of molasses, one tablespoonful of melted butter, one well-

beaten egg, one teaspoonful of ginger, small teaspoonful of cinnamon, one and one-half cupfuls of sweet milk and a little salt. Bake until like custard.

Orange Custard Pie

Use the juice and grated rind of one large orange, one cupful of sugar, yolks of three eggs, one tablespoonful of cornstarch rubbed smooth in milk. Add one cup of boiling milk, and one tablespoonful of butter. Bake with one crust. When cold cover with a meringue made from the whites of the eggs beaten stiff to which has been added two tablespoonfuls of powdered sugar. Set in the oven and lightly brown.

Lemon Cream Pie

The yolks of three eggs, one large cup of sugar, one cup of cold water, one tablespoonful of melted butter, one large tablespoonful of flour. Grate the rind and squeeze the juice from one lemon. Put in the double boiler and cook until thick as custard. Pour into the pie tin and bake

thirty-five or forty minutes. Beat the whites of the eggs to a stiff froth and stir in three tablespoonfuls of powdered sugar; put this over the pie when nearly cool, set in the oven and bake until a light brown.

CHAPTER XIX

PRESERVES AND PICKLES

Orange Marmalade

Select six fine navel oranges, wash and cut very thin. Two large juicy lemons cut very thin. Pour over the fruit nine pints of cold water and let stand twenty-four hours, then set on the stove and boil forty-five minutes; remove from the fire and let stand another twenty-four hours. Add the juice of another lemon. Weigh and to every pound of fruit add a pound of granulated sugar, set on the stove and simmer gently for two hours. or until it is jellied. The peel of the oranges and lemons should be almost to a pulp before it is done. If the water seems to boil out too quickly before the fruit is tender, add a little more and repeat this until the fruit is done. Put into glasses and cover with paraffin and cover with tin or paper tops. This marmalade must be stirred very

often or it will burn. Do not let it cook so long that it will be hard when cold. It takes time and care to make good marmalade.

Peach Butter

Pare a peck of fine ripe peaches, set them on the stove in a granite kettle with enough water to boil them soft. Remove from the fire and put through a coarse colander to remove the stones. To each quart of the fruit add one and one-half pounds of granulated sugar. Boil slowly one hour, or until it is thick, but not hard. Stir often to prevent burning. Put in pint glass jars or jelly glasses and keep cool. Constant watching is required in making fruit butters as they burn quickly.

Spiced Gooseberries

Pick the stem and flower ends from the berries and wash. Let them drain through the colander. To five pounds of fruit add four pounds of light brown sugar, one pint of vinegar, two teaspoonfuls of cinnamon, cloves and mace. Boil three

hours or until the mixture is the consistency of jam. I usually add a gill of brandy. Put in pint jars.

Currant Conserve

Wash and stem the fruit. Five pounds of currants, five pounds of sugar, one pound of seedless raisins whole, two navel oranges chopped fine, using the peel. Let boil for forty-five minutes or until it becomes thick when tested by cooling on the ice. Put in jelly glasses and cover with paraffin. Over this there should be a tin cover or a closely tied paper.

Pickled Peaches

One pint of cider vinegar, three and one-half pounds of granulated sugar, two ounces of mixed spices to which add a few cardamom seeds. Tie the spices in little bags and boil with the vinegar. Have pared and ready seven pounds of peaches, in which put a few whole cloves, put in the vinegar and boil until tender. Remove the peaches and boil the liquid until sirupy. Put the peaches

in glass jars, pour over the vinegar and seal. Put a bag of spices in each jar.

Pears may be pickled in much the same way, although the pears must be cut in half, with cores removed.

Grape Conserve

To one basket of grapes weighing seven or eight pounds, add five pounds of granulated sugar, six oranges (navel). Chop fine, using the rind. One pound of seedless raisins, whole, the juice and rind of two lemons. Pulp the grapes and let them gently simmer until the seeds will loosen. Put through the colander, add the skins and cook all together for forty or forty-five minutes or until it becomes thick. Put in jelly glasses.

Chili Sauce

To a half-peck of fine ripe tomatoes, peel and add a dozen medium-sized onions cut thin, four large green peppers, seeded and membrane removed. Chop the peppers rather fine and add three small red peppers seeded and chopped.

Three cups of cider vinegar, one and one-half cups of light brown sugar, one tablespoonful of salt, one tablespoonful of cloves, the same of all-spice and ginger. Simmer gently until thick and dark. It may take two or three hours. Stir often to prevent burning. Put in glass jars.

Yellow Tomato Preserves

Six pounds of yellow tomatoes peeled, six pounds of granulated sugar, juice of three lemons, add a few pieces of ginger root, boil ten minutes and let stand over night. In the morning drain off the sirup and boil ten minutes, skim and put in the tomatoes and boil twenty minutes. Take out the fruit and lay on a platter. Boil sirup until thick. Put the fruit into jars and fill with the hot sirup and seal.

Green Tomato Pickles

One peck of green tomatoes sliced thin, twelve small onions sliced thin. One teacup of salt sprinkled through the tomatoes and let them stand over night. In the morning drain off the liquid

and boil in one quart of cider vinegar and two quarts of water twenty minutes and drain through the colander. Add three small red peppers cut fine, two pounds of light brown sugar. Add in little bags two tablespoonfuls of whole mustard seed, and one tablespoonful each cloves, cinnamon, allspice, mace and ginger. I add also a few cardamom seeds. To this add two quarts of cider vinegar and boil thirty minutes. Ten cents' worth of mixed spices may be used if desired instead of those given above. These pickles are very nice.

CHAPTER XX

THE CHAFING-DISH

For Sunday night suppers the chafing-dish may be found a pleasure as well as a convenience. There are a good many dishes that can easily be prepared in this way, making a change from the regular routine.

The chafing-dish should always be placed on a tray to prevent any accident in case the lamp should overflow with alcohol. The lamp should not be lighted until you are ready to take your seat, as there is always danger from an unwatched flame. Have within easy reach matches, spoons and other materials to be used, so that you may not be obliged to leave the table on errands of this sort. If these precautions are followed there is very little danger of accident.

Creamed Sweetbreads with Mushrooms

Wash and clean two pairs of sweetbreads and let

them stand in salt and water for an hour. Put them into hot water and cook until tender, about thirty minutes. When cool pick the sweetbreads into small pieces, rejecting all the skin. Put into the blazer two tablespoonfuls of butter and two of flour, rubbed to a smooth paste before putting into the dish, add one pint of milk; stir until the cream is boiling. Add the sweetbreads, salt, pepper and mushrooms. The mushrooms should have been cooked before so that all that is required is the heating. When ready to serve add about two tablespoonfuls of sherry. Do not add the wine until the light is out as it might cause the cream to curdle. Serve with small pieces of toast. The sweetbreads may be cooked and picked apart earlier in the day.

Welsh Rarebit

Cut into small cubes one pound of good cream cheese. Put into the chafing-dish, add one tablespoonful and a half of Worcestershire sauce, saltspoonful of salt, a little paprika and one tablespoonful of butter. Stir until it begins to melt,

adding a little at a time four tablespoonfuls of beer. As soon as the mixture is soft and creamy pour it over small pieces of crisp toast and serve at once. If the plates are warm it is better, as the rarebit becomes cold very quickly.

Mushrooms

Carefully wash, peel and drain the mushrooms. These may be left whole or cut into pieces as desired. Put into chafing-dish a tablespoonful of butter to each pint of mushrooms. When the butter is melted and hot add the mushrooms. Cook about ten minutes or until tender. Add a little salt and serve on toast.

Little Pigs in Blankets

Select fine large oysters. Drain dry as possible, season with pepper and wrap each oyster in a thin slice of bacon, fastening the bacon with a toothpick, and fry until brown and crisp.

Creamed Boiled Mutton

Cut the cold mutton into small dice. Put into

the blazer two tablespoonfuls of butter, two tablespoonfuls of flour rubbed to a paste in a little cold water. Add a pint of milk and a half sweet green pepper chopped fine. Stir until the sauce is boiling, put in the mutton, season with a little salt and paprika. Cook until the sauce becomes creamy. Pimentoes cut into pieces may be added.

Cheese Sandwiches

Cut the bread very thin and remove the crust. Place a thin slice of good cream cheese between two slices of bread. Have the chafing-dish very hot and covered with melted butter. About two tablespoonfuls of butter is required. Put in the sandwiches and fry a delicate brown. Serve quite hot.

Scrambled Eggs with Green Peppers

Six eggs beaten with one-half cupful of sweet cream. Place in the chafing-dish two tablespoonfuls of butter, three tablespoonfuls of grated cream cheese, one tablespoonful of Worcestershire sauce and three finely chopped sweet green

peppers. Cook all together for about five minutes, then add the eggs and cream and cook until thick. Serve on toast.

Grilled Oysters

Drain and dry large fresh oysters. Put two tablespoonfuls of butter in the blazer and when hot cover the dish with the oysters, seasoned with salt and pepper. When brown turn and let brown on the other side. Serve on toast.

Creamed Chicken

Have a chicken weighing about three pounds boiled until almost ready to drop from the bone. When cold pick all the meat from the bones, rejecting the skin. Cut the chicken into small pieces. Put into the blazer two tablespoonfuls of butter and two of flour rubbed smooth, add a pint of sweet milk, season with salt and pepper. Add a tablespoonful of finely chopped parsley, or a half sweet green pepper minced, or a few pieces of pimentoes. Two tablespoonfuls of sherry may be added if desired.

CHAPTER XXI

COLD DISHES

Jellied Chickens

Boil until tender, or until the meat falls from the bone, one large chicken. When cold pick from the bones, rejecting all skin and gristle. Let the water be reduced to one pint in boiling. When cold remove the fat from the liquor. Dissolve one-quarter of an ounce of gelatine in a little water, strain and add to the chicken stock. Pick the chicken into small pieces, season with salt and pepper. Boil six eggs hard. When cold place a layer of the eggs, cut thin, in the bottom of the mold, put in a layer of the chicken, then a layer of the eggs and repeat until the dish is filled. Pour over this the stock and set away to chill. This should be firm when cold and can be sliced easily when turned from the mold. Gar-

nish with sprigs of parsley and thin slices of lemon.

Veal Loaf

One and one-half pounds of veal, one-quarter pound of salt pork chopped together fine, add one-half cup of crackers rolled fine, one well-beaten egg. Season well with salt and pepper. Press into a baking dish and bake one hour. A little cream may be poured over the meat before setting in the oven, if desired. Serve cold cut in thin slices. Garnish with parsley.

Cold Pigs' Feet

Buy from your market man a half-dozen of the fresh pigs' hock, the second joint, and do not have it cut too far up as it will be too fat. Clean carefully and put on to cook in plenty of water salted. Boil until the meat will drop from the bones. Pick over carefully to remove all the little pieces of bone. Put into a dish and cover with enough of the water to form a jelly around the meat. Cut in thin slices. It may be warmed, if desired.

CHAPTER XXII

SUMMER DRINKS

Iced Coffee

Make a good strong coffee, and be sure to have it clear; sweeten to taste and set on the ice to chill. Serve ice cold in tall glasses. Put a large spoonful of whipped and sweetened cream on each glass.

Iced Teas

Use a good black tea, but do not make it too strong. Pour from the leaves and set aside to cool. Serve iced with slices of thinly cut lemon or orange, and sugar for those who like their tea a little sweet.

Sangaree

To one quart of claret add one-fourth cupful of heavy sugar sirup and one pint of cold water, a teaspoonful of grated nutmeg. Just before serv-

ing fill the glasses with crushed ice, and pour over it the prepared claret.

A quart of unsweetened grape juice may be used in place of claret, if desired.

Raspberry Shrub

Six quarts of black raspberries, cover with three pints of good vinegar; let this stand one day then scald and strain out the seeds and pulp. Use one pound of granulated sugar to one pint of liquid. Let it boil fifteen or twenty minutes. Put in bottles and cork and seal. This is a good warm weather drink, served in glasses filled with chipped ice.

Grape Juice Punch

One pint of grape juice, juice of two lemons and two oranges, the grated rind of one of the lemons and one cup of sugar. Mix and strain. Ice and serve in glasses.

Claret Lemonade

One pint of claret, the juice of four lemons,

three-fourths of a cup of powdered sugar, stir until the sugar is dissolved. Pour into a pitcher in which there is broken ice and fill with sparkling water if liked, about a pint and a half for the amount of claret given above.

Cherry Cup

Use one pint of cherries that have been pitted and crushed, the juice of three lemons, the juice of one orange, one cup of white sugar. Let stand until the juice of the cherries has been drawn out, cover with one quart of sparkling water and one pint of claret. Strain through a very fine sieve before adding the water and claret. Serve in glasses in which there is a little chopped ice.

Grape Juice

Put the grapes in a kettle over the fire with a little water, cook about twenty minutes. Extract the juice and add one pint of sugar to three pints of juice and boil twenty-five minutes. Use as little sugar as possible. Put in bottles while hot, cork, and cover with paraffin.

CHAPTER XXIII

HOME MADE CANDIES

Divinity Fudge

Three cupfuls of granulated sugar, two-thirds of a cupful of water, one-third cupful of corn sirup. Let this cook until it will form a soft ball in cold water. Pour this sirup gradually on to the whites of two stiffly beaten eggs. Before it becomes too stiff add a cupful of broken walnut meats or preserved cherries and pineapple. Pour in buttered tins and when cool cut into squares. This is a delicious candy.

Chocolate Caramels

Two cups of brown sugar, one cup of molasses, one cup of grated unsweetened chocolate, one cup of milk, butter the size of a walnut. Let it cook slowly and when it will form a soft ball in cold water take from the fire, flavor with a teaspoonful

of vanilla and pour into buttered tins. When cool mark into squares.

Chocolate Fudge

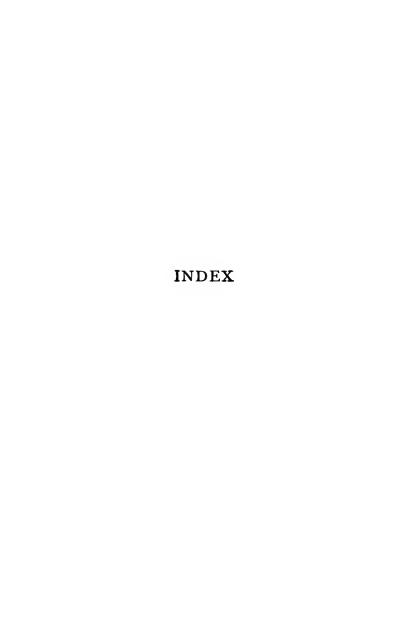
One cup of milk, two cups of sugar, one-eighth cake of Baker's unsweetened chocolate. Stir while boiling until it thickens, remove from fire and beat until creamy. Pour into buttered tins and when cool cut into squares. Broken nut meats may be added if desired.

Candied Orange Peel

One cup of granulated sugar and one-half cup of water. Boil until a thick sirup. Have the orange peel cut in thin strips, boil tender and dip in the sirup and while still moist roll in granulated sugar.

Maple Pralines

Two level cups of powdered sugar, one cupful of maple sirup; boil until the sirup will form a soft ball when tried in cold water, remove from the fire and beat until creamy, then add two cups of pecan nuts. Drop on buttered paper.



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